



UNIVERSAL LIFE FORCE

Reiki First Degree

The Awakening of Your Healing Hands

SHODEN · 初伝

AUTHORED BY

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Copyright & Disclaimer

Please read before beginning your practice

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Medical & Professional Disclaimer

Reiki is a **complementary** healing practice, not an alternative to medical treatment. The techniques and information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. Always consult a qualified healthcare professional for any medical concern. Never discontinue prescribed medication or medical treatment without the advice of your doctor. Reiki practitioners do not diagnose, prescribe, or treat medical conditions. Reiki works *alongside* medical care to support the body's natural healing processes.

Spiritual & Cultural Acknowledgement

Reiki originates from the Japanese spiritual tradition of Mikao Usui (1865–1926). The chakra system referenced in this manual comes from the Indian yogic tradition. The Antahkarana symbol has roots in ancient Tibetan practices. This manual honours and respects all these traditions. Reiki is not a religion and does not require any specific belief system. It is compatible with all faiths and spiritual paths. The author acknowledges the lineage of teachers who carried Reiki forward, both named and unnamed, and offers this manual in the spirit of gratitude and service.

— Rishi Rohit Sharma, Melbourne · Serving the World —





What This Manual Contains

A complete roadmap for your Shoden journey

*This manual is designed to be lived, not merely read. Each chapter contains reflections, exercises, and practical techniques. Move slowly. Breathe deeply. Let the energy teach you. — **Rishi Rohit Sharma***

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CHAPTER ONE

01

Introduction to Reiki



The Universal Life Force · 宇宙生命エネルギー



Introduction to Reiki

The awakening of your innate healing hands

*"Reiki is love, love is wholeness, wholeness is balance, balance is well-being,
well-being is freedom from disease."*

— Dr. Mikao Usui

What Is Reiki?

Reiki (霊気) is a Japanese healing art that channels *universal life force energy* through the practitioner's hands to restore balance in the body, mind, and spirit. The word itself is formed from two Japanese kanji: **Rei** (霊), meaning "universal," "spiritual," or "sacred," and **Ki** (気), meaning "life force energy" — the same vital essence known as *Prana* in Sanskrit, *Chi* in Chinese, and *Pneuma* in Greek.

Together, Reiki is most often translated as "**universal life force energy**." It is not a religion, a belief system, or a dogma. It does not require faith to work — only openness. Reiki simply flows where it is needed, guided by the wisdom of the energy itself rather than the intention of the practitioner.

How Reiki Works

Everything in existence is energy vibrating at different frequencies. Your physical body is the densest expression of this energy; your thoughts, emotions, and spirit are finer, faster vibrations. When energy flows freely, you experience health, clarity, and peace. When it becomes blocked — through stress, trauma, or negative patterns — dis-ease takes root.



Reiki works by **restoring the natural flow** of life force energy. During a treatment, the practitioner acts as a clear channel: universal energy flows through their crown, through the heart, and out through the palms into the recipient.

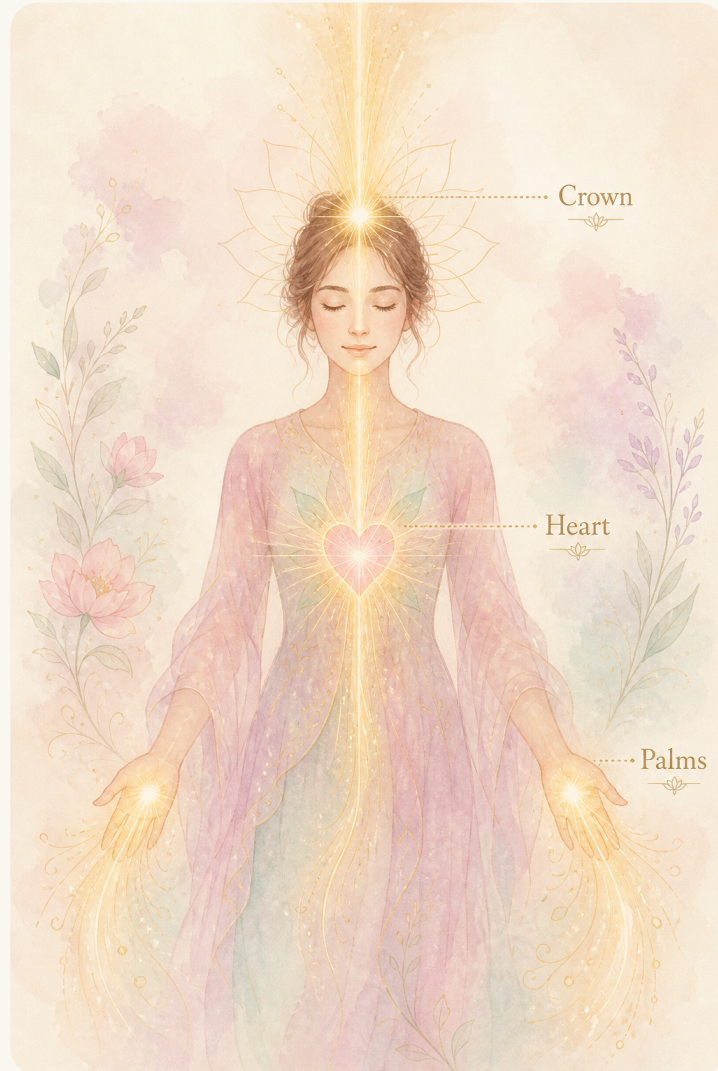


Figure 1.1 — Universal energy flows through the crown, through the heart, and out through the palms

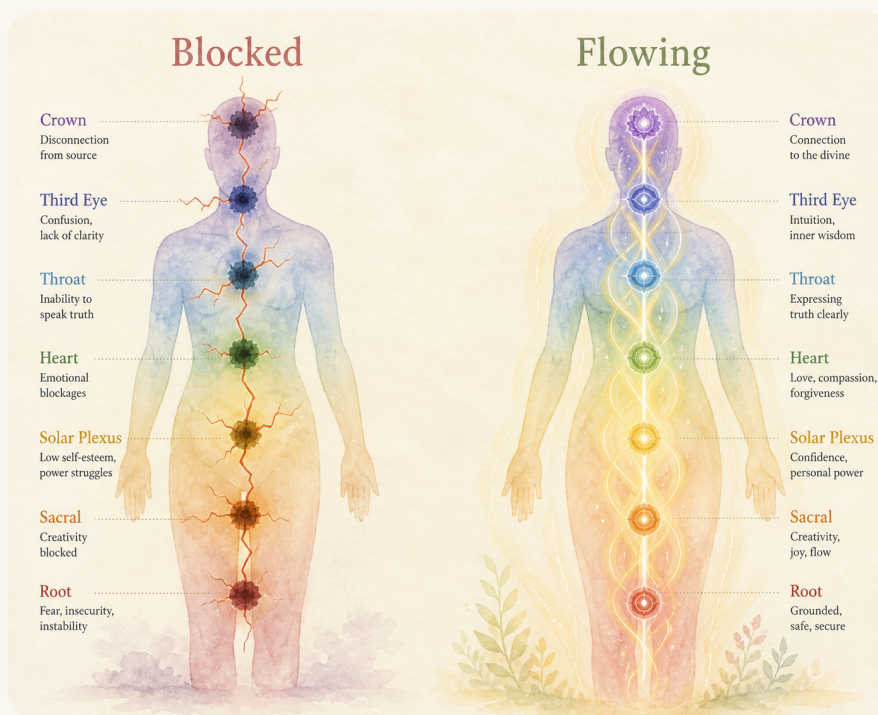


Figure 1.2 — When energy is blocked (left), dis-ease takes root. When energy flows freely (right), health and harmony return.

◆ INSIGHT

A Reiki practitioner does not *give* their own energy to the recipient, nor do they absorb the recipient's energy. The practitioner is a conduit for **universal** energy, which is limitless. This is why Reiki never depletes the giver — in fact, giving a treatment energizes the practitioner too.

The Degrees of Reiki

Reiki is taught in progressive degrees. Each level opens you deeper into the energy and expands what you can do. In this manual we focus entirely on the First Degree — the foundation upon which all else is built.

Degree	Japanese Name	Focus
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First Degree

Shoden 初伝

Self-healing, hands-on practice, foundational techniques

Second Degree

Okuden 奥伝

Symbols, mental/emotional healing, distant healing

Third Degree A (3a)

Shinpiden I 神秘伝

Master symbols, deepening personal mastery, advanced healing

Third Degree B (3b)

Shinpiden II 神秘伝

Teacher training — learning to attune and teach others

◆ THE 3A AND 3B STRUCTURE

The Third Degree is split into two parts. **3a (Shinpiden I)** is for those who wish to receive the master-level energy and deepen their own healing and practice, without necessarily teaching. **3b (Shinpiden II)** is the full teacher training — you learn how to give attunements and pass Reiki on to others. This separation lets students grow into mastery at their own pace. Not everyone is called to teach, and that is perfectly honourable.

The Benefits of First Degree Reiki

Students of Shoden often report profound changes within the first weeks of practice. The First Degree is primarily about **self-healing** — learning to channel Reiki for your own body, emotions, and life.

Physical Benefits

Deep relaxation, improved sleep, relief from tension headaches, faster recovery from illness, reduced fatigue, and a general sense of vitality.

Mental & Emotional Benefits

Calmer mind, reduced anxiety, greater emotional balance, release of stored stress, improved focus, and a growing sense of inner peace.

Spiritual Benefits

Heightened intuition, deeper self-awareness, a feeling of connection to something greater, and accelerated personal and spiritual growth.

⚠ IMPORTANT

Reiki is complementary, not alternative. It works *alongside* medical care, never instead of it. Never diagnose, never prescribe, and never advise anyone to stop medical treatment.

◆ DID YOU KNOW?

The word "Reiki" appears in Japanese texts as early as 1915, but Usui did not begin teaching his system until 1922. Between 1922 and his death in 1926 — just four years — Usui taught over 2,000 students. He trained 16 teachers (Shinpiden level) who carried the system forward. From this small seed, Reiki has grown to touch millions of lives across the world. The entire global Reiki community traces its roots to those four short years.

◆ HIDDEN FACT — REIKI IN HOSPITALS

Reiki is increasingly used in hospitals and medical centres worldwide. In Australia, the UK, and the United States, many hospitals offer Reiki as a complementary therapy alongside conventional treatment. Studies have shown that Reiki reduces pain, anxiety, and recovery time. It is particularly valued in cancer care, palliative care, and pre- and post-surgery support. The fact that modern medicine is embracing this ancient practice speaks to its genuine power.

❖ Exercise 1.1 — Awaken Your Hands

FIRST DEGREE PRACTICE

This simple sensitivity exercise introduces you to the feeling of Ki in your own hands. Do it now, and repeat it daily.

1. Sit comfortably with your spine straight. Take three slow, deep breaths, releasing tension with each exhale.
2. Rub your palms together briskly for 10–15 seconds until you feel warmth.
3. Slowly draw your hands apart, palms facing each other, about 5 cm apart.
4. Gently move your hands slightly closer, then slightly apart, as if feeling an invisible ball of energy between them.
5. Notice the sensation — warmth, tingling, pulsing, magnetic resistance, or a feeling of pressure. Whatever you feel is *your* energy. There is no wrong experience.
6. Hold this awareness for 2–3 minutes. When finished, place your palms on your heart and breathe.

Recommended duration: 5 minutes · Best practised morning and evening

Chapter Reflection

What drew you to Reiki? What do you hope to heal or transform? What does "universal life force energy" mean to you personally? Where in your life do you feel energy is blocked or depleted? What would a life of greater balance and healing feel like? Write your reflections in a dedicated journal.

Key Takeaways from This Chapter

Reiki in Real Life

You can begin using Reiki immediately — even before formal attunement. Place your hands over a glass of water with loving intention, then drink it. The energy responds to your sincere intention, not to certification.

What Reiki Is

Reiki is universal life force energy — the same essence known as Prana, Chi, or Ki.

How Reiki Works

The practitioner is a channel, not the source. Reiki never depletes the giver.

The Degrees

Reiki has four degrees: First (Shoden), Second (Okuden), Third A (Shinpiden I), and Third B (Shinpiden II).

Safety

Reiki is complementary, not alternative. It works alongside medical care.

Your First Step

You can begin using Reiki immediately through sincere intention — even before formal attunement.



C H A P T E R T W O

02

The History & Lineage of Reiki

A Line of Light · 光の系譜



The History & Lineage of Reiki

From a mountaintop in Japan to your hands today

"The secret of healing is not to invent something new, but to remember what has always been."

— A Reiki Teaching

The Story of Mikao Usui

Mikao Usui was born in 1865 in the village of Taniai, in the Gifu prefecture of Japan. He was a spiritual seeker from a young age, studying Buddhism, martial arts, and the wisdom traditions of both East and West. For years he searched for a method of healing that did not deplete the healer — a way to channel energy that was limitless and universal.

His search led him to Mount Kurama, a sacred mountain near Kyoto. In 1922, Usui climbed the mountain for a 21-day retreat of fasting, meditation, and prayer. On the morning of the twenty-first day, a great light entered the crown of his head, filling his entire being with radiant energy. He rushed down the mountain in elation, and in his haste injured his toe. When he placed his hands on the injury, the pain vanished instantly. This was the first Reiki healing.



**Mikao Usui (1865–1926)**

Founder of the Reiki system · 霊気の創始者

Usui spent the rest of his life teaching and healing, developing the system he called *Usui Reiki Ryoho* — the Usui method of natural healing. He opened a clinic in Tokyo, trained many students, and before his death in 1926, he had initiated several to the level of master.

◆ INSIGHT — THE USUI MEMORIAL

A memorial stone still stands at Usui's grave at the Saihoji Temple in Tokyo. It records his life, his teachings, and the Reiki principles. The inscription reminds us that Reiki is not merely a technique but a way of living — a path of compassion, gratitude, and self-discipline.

Dr. Chujiro Hayashi — The Physician

Dr. Chujiro Hayashi (1879–1940) was a retired naval physician who became one of Usui's most devoted students. As a medical doctor, Hayashi brought structure and precision to the Reiki system. He developed the formal hand-position system and the treatment protocols that we still use today. He opened a Reiki clinic in Tokyo where he treated patients and trained practitioners, keeping detailed records of treatments and outcomes.

Hawayo Takata — The Bridge to the West

Hawayo Takata (1900–1980) was a Hawaiian woman of Japanese descent who travelled to Japan in 1935 seeking treatment for serious health conditions. After being healed by Hayashi's Reiki, she became his student and eventually a Reiki Master. She brought Reiki to Hawaii and then to the United States, training 22 Masters who carried Reiki across the Western world. Without Takata's courage and dedication, Reiki might have remained a little-known Japanese practice.



Dr. Chujiro Hayashi

1879–1940 · The Physician who systematized Reiki



Hawayo Takata

1900–1980 · The woman who brought Reiki to the West

◆ DID YOU KNOW?

Before Hawayo Takata brought Reiki to the West, she was a widow with three children, suffering from asthma, gallstones, and a tumour. She travelled to Japan in 1935 for surgery, but on the operating table, she heard a voice saying "The surgery is not necessary." She asked about alternatives, was referred to Hayashi's Reiki clinic, and received daily treatments for four months. She was completely healed. This single woman's healing journey changed the course of energy healing worldwide.

◆ HIDDEN FACT — THE 22 MASTERS

Takata trained 22 Reiki Masters between 1970 and 1980. These 22 became the roots of Western Reiki. Today, virtually all Western Reiki practitioners can trace their lineage back through one of these 22 Masters. Takata charged \$10,000 for Master level training — a fee that some criticised but that she said ensured the student's commitment. After her death in 1980, her students began teaching more openly, and Reiki spread rapidly across the globe.

The Lineage — A Line of Light

Reiki is passed from teacher to student through a lineage — an unbroken chain of attunements stretching back to Mikao Usui himself. When you receive an attunement, you become a link in this chain. But the lineage is more than a list of names. It is a river of energy, and you are now part of its flow.

The Usui Reiki Lineage

Below is the complete lineage through which this Reiki energy has been passed — from Dr. Mikao Usui to Rishi Rohit Sharma. Each name represents a teacher who received the attunement and passed it forward, keeping the river of Reiki flowing across continents and generations.

#	Master
1	Dr. Mikao Usui
2	Dr. Chujiro Hayashi
3	Hawayo Takata
4	Phyllis Furumoto
5	Pat Jack / Carol Farmer
6	Cheri Prasuhn / Leah Smith
7	William Rand
8	John Williams
9	Maggie Lemin
10	Nina Morris

11

Bev Moss

12

Karen Lange

13

Joel Arcus

14

Karen Mundell

15

Gaynor du Perez (De Klerk)

16

Emma Bisschoff

17

Rohit Sharma

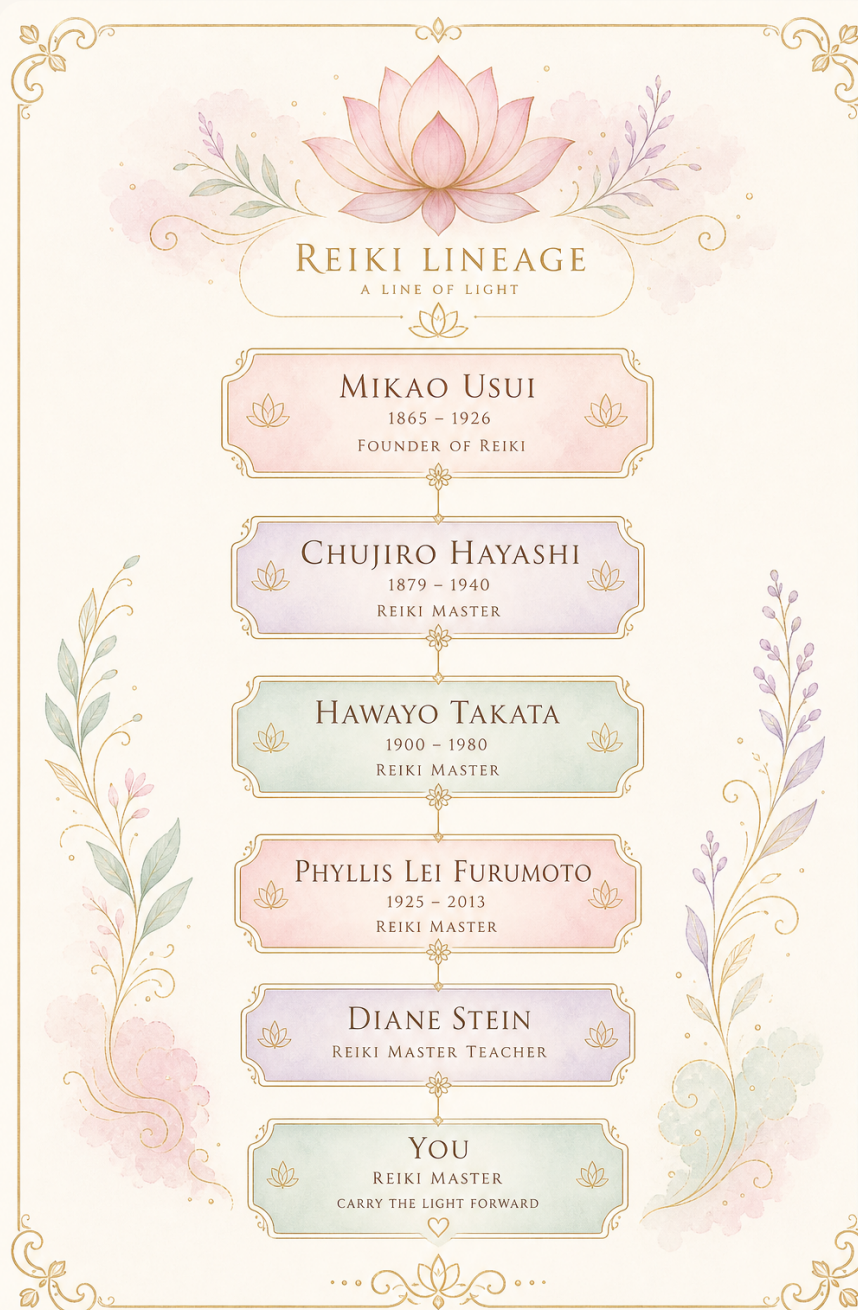


Figure 2.1 — The Reiki lineage from Mikao Usui to the present day

◆ THE HIDDEN MASTERS

Between each name on the lineage map above stand ... many masters whose names history did not record. Reiki was never a single unbroken chain — it is a living river, fed by countless streams. Some teachers worked in silence, some healed in monasteries and homes without seeking recognition, and some passed the energy to a single devoted student who then passed it on. When you look at a lineage chart, remember that the dots and dashes (...) between the known names represent devoted healers who carried the light forward in their own quiet way. You are now part of that river too. The lineage does not end with a name — it continues through every pair of hands that chooses to heal.

Chapter Reflection

Which part of the Reiki story resonates most with you — Usui's perseverance, Hayashi's dedication, or Takata's courage? How does knowing the lineage change your relationship with the energy? What does it mean to you to be part of this living river of healing?

Key Takeaways from This Chapter

Reiki in Real Life

When you feel disconnected or doubtful, remember the lineage. You are not alone — thousands of hands before yours have channelled this same energy. The lineage is your support and your community, even in solitude.

The Founder

Mikao Usui received Reiki after 21 days of meditation on Mount Kurama in 1922.

The Physician

Dr. Chujiro Hayashi systematised Reiki with formal hand positions and treatment protocols.

The Bridge

Hawayo Takata brought Reiki from Japan to the West, training 22 Masters.

The Hidden Masters

The "..." in the lineage represents countless unrecorded masters who carried the light forward.

Your Place

When you receive an attunement, you become a link in this living river of healing energy.



CHAPTER THREE

03

The Five Reiki Principles

The Gokai · 五戒



The Five Reiki Principles

The ethical and spiritual foundation of daily practice

*"The secret art of inviting happiness. The miraculous medicine of all diseases.
Just for today, do not anger, do not worry, be filled with gratitude, devote
yourself to your work, be kind to people."*

— The Reiki Principles (Gokai), as written by Mikao Usui

What Are the Gokai?

The Five Reiki Principles, known as the **Gokai** (五戒), are the ethical and spiritual foundation of Reiki practice. Mikao Usui considered them so important that he taught them before any hands-on technique. The principles are not rules to follow out of obligation — they are a daily meditation, a way of training the mind and heart to align with the flow of universal energy.

Usui called them *"the secret art of inviting happiness"* and *"the miraculous medicine of all diseases."* He understood that true healing begins in the mind and spirit before it reaches the body. When we live by these principles, we remove the inner obstacles that block the flow of Reiki — not only in ourselves, but in those we heal.



The Five Principles

Principle	Japanese	Meaning
Just for today, I will not anger	怒るな (Okoru na)	Anger blocks the heart. Today, choose peace over reaction.
Just for today, I will not worry	心配するな (Shinpai suru na)	Worry blocks the mind. Today, trust the flow of life.
Just for today, I will be grateful	感謝して (Kansha shite)	Gratitude opens the heart. Today, count your blessings.
Just for today, I will do my work honestly	誠実に働く (Makoto ni hataraku)	Honesty aligns the will. Today, act with integrity.
Just for today, I will be kind to all living things	生き物に優しく (Ikimono ni yasashiku)	Kindness opens the spirit. Today, honour all life.

Just for Today, I Will Not Anger

Anger is a fire that burns the one who holds it. It tightens the body, narrows the mind, and blocks the flow of energy through the heart chakra. This principle does not ask you to never feel anger — it asks you to not *hold* it. Notice it, acknowledge it, breathe through it, and let it pass. "Just for today" makes the commitment manageable. You only need to practice one day at a time.

Just for Today, I Will Not Worry

Worry is the mind projecting fear into the future. It drains energy and creates tension in the solar plexus. This principle invites you to trust — to release the need to control outcomes and instead be present. When you stop worrying, the energy that was tied up in anxiety becomes available for healing.

Just for Today, I Will Be Grateful

Gratitude is the most powerful energy amplifier in the Reiki system. It opens the heart chakra, raises your vibration, and aligns you with the abundant flow of universal energy. Begin each day by listing three things you are grateful for. End each day the same way. This simple practice transforms your entire relationship with life.

Just for Today, I Will Do My Work Honestly

Honesty here means more than telling the truth — it means being true to yourself, doing your work with integrity, and not cutting corners on the spiritual path. When you are honest, your energy is clean and clear. Dishonesty creates energetic distortion that blocks the flow of Reiki.

Just for Today, I Will Be Kind to All Living Things

Kindness is the expression of Reiki in daily life. Every living being — human, animal, plant — is connected by the same universal energy. When you are kind, you honour that connection. Kindness given is kindness received, for in the web of energy, what you offer returns to you.

◆ WHY "JUST FOR TODAY"?

Usui used the phrase "just for today" (今日だけ, Kyō dake) deliberately. A lifetime commitment feels overwhelming; a single day feels possible. And when tomorrow comes, you simply begin again. This gentle, repeatable commitment is far more sustainable than grand resolutions. It is the essence of the Reiki way — small, daily, consistent practice.

❖ Exercise 3.1 — The Morning Gokai Practice

DAILY PRACTICE

Begin each morning with this simple practice. It takes only two minutes and sets the energetic tone for your entire day.

1. Sit in Gassho position — palms together at your heart centre. Take three deep breaths.
2. Say each principle aloud or silently, pausing after each one to feel its meaning:
3. *Just for today, I will not anger. Just for today, I will not worry. Just for today, I will be grateful. Just for today, I will do my work honestly. Just for today, I will be kind to all living things.*
4. End by saying: *"Thank you, thank you, thank you."*
5. Lower your hands and go about your day, carrying the principles with you.

Recommended duration: 2 minutes · Every morning upon waking

◆ DID YOU KNOW?

The Five Reiki Principles are also known as the *Gokai* (五戒). In Japanese, "Go" means five and "Kai" means precepts or principles. Usui is said to have found inspiration for these principles in the teachings of Emperor Meiji (1852–1912), whose own principles for living were widely respected in Japan. Usui adapted them into the five principles we know today. The principles are inscribed on Usui's memorial stone at the Saihoji Temple in Tokyo, where they can still be read.

◆ HIDDEN WISDOM — THE EVENING GOKAI

While the Morning Gokai is widely practised, Usui also taught an evening review. Before sleep, sit in Gassho and reflect on your day. For each principle, ask: "Did I live this today?" Do not judge yourself — simply observe. Where you struggled, send Reiki to that area. Where you succeeded, give thanks. This practice transforms the principles from morning affirmations into a living, daily discipline of self-awareness.

❖ Exercise 3.2 — The Evening Gokai Review

DAILY REFLECTION PRACTICE

End each day with this review. It takes three minutes and deepens your relationship with the principles.

1. Sit in Gassho before bed. Take three deep breaths.
2. For each principle, reflect: "Just for today, did I not anger? Did I not worry? Was I grateful? Did I work honestly? Was I kind?"
3. Where you struggled, simply acknowledge it. Place one hand on that area of your body and send Reiki for one minute.
4. Where you succeeded, give thanks. Feel the gratitude in your heart.
5. End by saying: "Tomorrow, I begin again. Just for today."

Recommended duration: 3 minutes · Every evening before sleep

Chapter Reflection

Which of the five principles do you find most challenging, and why? Which comes most naturally to you? How might your life change if you practiced the Gokai every day for 21 days? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

When someone cuts you off in traffic, silently repeat: "Just for today, I will not anger." When anxious: "I will not worry." When you receive good news: "I will be grateful." The principles are a portable toolkit.

The Five Principles

The Gokai are five principles: no anger, no worry, gratitude, honest work, kindness.

The Key Phrase

"Just for today" makes the commitment manageable — one day at a time.

Gratitude

Gratitude is the most powerful energy amplifier in the Reiki system.

Daily Practice

Recite the Gokai every morning in Gassho position to set your day's intention.

Living the Gokai

The principles are a portable toolkit — use them whenever challenged throughout the day.



CHAPTER FOUR

04

The Energy Body



Chakras, Aura & Anatomy · チャクラとオーラ



The Energy Body

The subtle anatomy through which Reiki flows

Before you can understand how Reiki heals, you need to understand the energy body — the invisible anatomy that underlies your physical form. Reiki works on this subtle level, and the effects then manifest in the physical body, the emotions, and the mind.

The Seven Major Chakras

Chakras (चक्र) are energy centres — spinning wheels of light — located along the central channel of the body. There are seven major chakras, each associated with specific physical, emotional, and spiritual functions. When a chakra is balanced, energy flows freely. When it is blocked or overactive, the associated areas of life are affected.





Figure 4.1 — The seven major chakras aligned along the central channel

Chakra	Colour	Location & Function
Crown (Sahasrara)	Violet / White	Top of head · Spiritual connection, consciousness, universal oneness
Third Eye (Ajna)	Indigo	Centre of forehead · Intuition, insight, imagination, inner wisdom

Throat (Vishuddha)

Blue

Throat · Communication, self-expression, truth, creativity

Heart (Anahata)

Green / Pink

Centre of chest · Love, compassion, forgiveness, emotional balance

Solar Plexus (Manipura)

Yellow

Upper abdomen · Personal power, confidence, will, digestion

Sacral (Svadhithana)

Orange

Lower abdomen · Emotions, pleasure, creativity, relationships

Root (Muladhara)

Red

Base of spine · Survival, grounding, security, physical energy

◆ **INSIGHT — THE BRIDGE CHAKRA**

The heart chakra is the bridge between the lower three chakras (physical and emotional) and the upper three (spiritual and mental). When you do Reiki, the energy enters through the crown and flows through the heart before reaching the hands. This is why a practitioner's heart must be open and clear — it is the gateway through which all healing energy passes.

The Seven Layers of the Aura

The aura is the electromagnetic field that surrounds and interpenetrates the physical body. It has seven layers, each vibrating at a different frequency and associated with a different aspect of your being. Reiki works on all layers simultaneously.

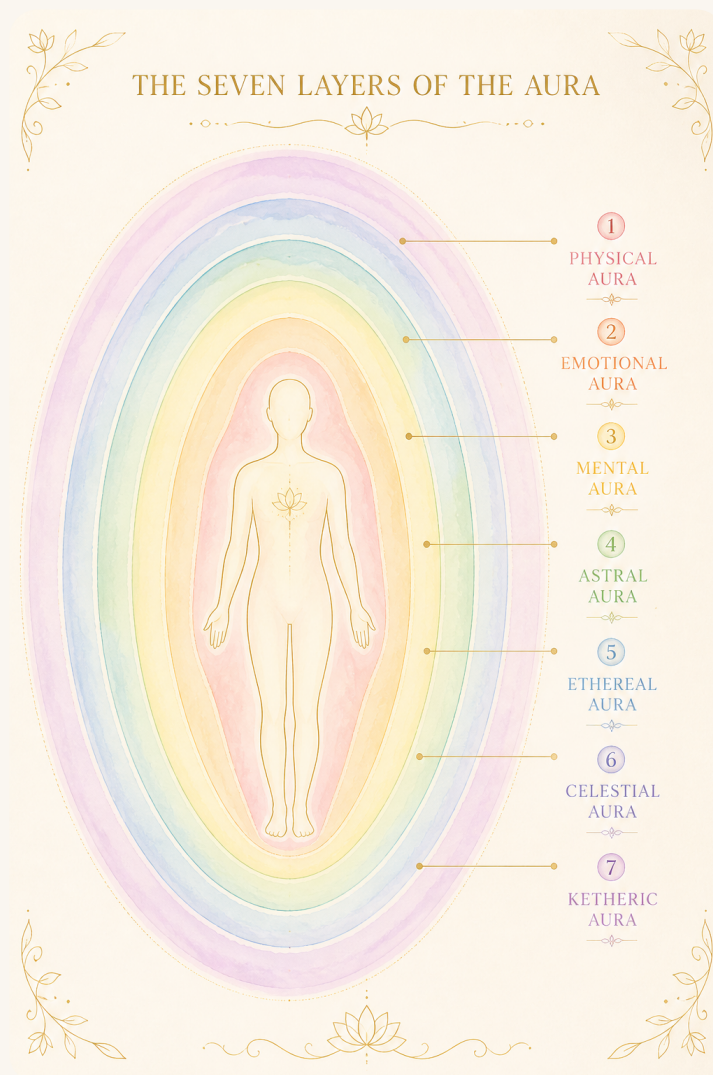


Figure 4.2 — The seven layers of the aura surrounding the body

Layer	Name	Associated With
1st (Ethereic)	Physical body	Closest to the body · Vitality, physical health, life force
2nd (Emotional)	Emotional body	Feelings, emotions, emotional patterns and wounds

3rd (Mental)	Mental body	Thoughts, beliefs, mental patterns, rational mind
4th (Astral)	Astral body	Love, relationships, bridge between physical and spiritual
5th (Etheric Template)	Template body	Higher will, divine will, communication with higher self
6th (Celestial)	Celestial body	Higher emotions, spiritual love, bliss, unconditional love
7th (Ketheric / Causal)	Causal body	Higher mind, spiritual connection, oneness with universal energy

Basic Anatomy for Healers

As a Reiki practitioner, you do not need to be a medical expert, but a basic understanding of the body helps you understand where energy is flowing and where it may be blocked. Here is a simple overview of the key systems Reiki affects:

The Nervous System

Reiki deeply calms the nervous system, shifting it from "fight or flight" (sympathetic) to "rest and heal" (parasympathetic) mode. This is why most people feel deeply relaxed and sometimes sleepy during and after a treatment.

The Endocrine System

Each chakra is associated with an endocrine gland. The crown with the pineal gland, the third eye with the pituitary, the throat with the thyroid, the heart with the thymus, the solar plexus with the pancreas, the sacral with the ovaries/testes, and the root with the adrenal glands. Reiki helps balance hormone production through these connections.

The Lymphatic System

Reiki supports the body's natural detoxification by stimulating lymphatic flow. This is part of why the 21-day cleanse after attunement can involve physical symptoms — the body is clearing accumulated toxins.

The Circulatory System

Reiki promotes relaxation of blood vessels, improving circulation. Better blood flow means more oxygen and nutrients reach the cells, supporting natural healing.

IMPORTANT

Understanding anatomy helps you work *with* the body, not *instead of* medical professionals. Never use your knowledge of anatomy to diagnose. Reiki supports the body's own healing intelligence — it does not replace medical treatment.

❖ Exercise 4.1 — Chakra Sensing

ENERGY AWARENESS PRACTICE

This exercise helps you feel the chakras in your own body, developing the sensitivity you will need for healing.

1. Lie down comfortably and close your eyes. Take several deep breaths to relax.
2. Bring your attention to the base of your spine — the root chakra. Notice any sensation there: warmth, tingling, pulsing, or simply awareness. Hold for 30 seconds.
3. Slowly move your attention upward, pausing at each chakra for 30 seconds: sacral, solar plexus, heart, throat, third eye, and crown.
4. At each centre, simply observe. Do not try to change anything. Notice which centres feel open and alive, and which feel quiet or blocked.
5. When you reach the crown, imagine a gentle rain of golden light washing down through all seven centres, cleansing and balancing each one.
6. Return your attention to your breath and gently open your eyes.

Recommended duration: 10 minutes · Practise 2–3 times per week

❖ Exercise 4.2 — Aura Sensing

ENERGY AWARENESS PRACTICE

This exercise helps you feel the aura — the energy field that surrounds your body. It develops the sensitivity you need for Byosen scanning and distant healing.

1. Sit or stand comfortably. Rub your palms together for 10 seconds to activate the hand chakras.
2. Slowly move your hands apart, then bring them back together, stopping before they touch.
3. Feel the subtle resistance between your palms — this is your aura meeting itself.
4. Now hold one hand flat, palm up. With your other hand, slowly move it up and down above the flat palm, about 2–5 cm away.
5. Feel the warmth, tingling, or pressure — this is the aura of your receiving hand.
6. Move your scanning hand further away — 10, 20, 30 cm — and notice how the sensation changes.
7. Practise scanning your own arm, leg, or torso to feel the aura around your body.

Recommended duration: 5–10 minutes · Daily during the first month of practice

Chapter Reflection

Which chakra do you feel is most in need of balancing in your life right now? Which aura layer do you sense is most active or most depleted? How does understanding the energy body change how you think about your health? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

If you have a headache, your third eye chakra may need attention. If emotionally overwhelmed, place hands on heart and sacral chakras. If scattered and anxious, hold your root chakra to ground yourself.

The Chakras

There are seven major chakras along the central channel of the body.

The Bridge

The heart chakra is the bridge between physical (lower) and spiritual (upper) chakras.

The Aura

The aura has seven layers, each associated with a different aspect of being.

How Reiki Heals

Reiki works on all layers simultaneously — physical, emotional, mental, and spiritual.

Safety First

Understanding anatomy helps you work with the body, not instead of medical professionals.



CHAPTER FIVE

05

The Chakra System

Wheels of Light ・ チャクラ系



The Chakra System

Wheels of light — the seven energy centres of consciousness

"The chakras are not merely energy centres. They are doorways of consciousness — each one a threshold between the physical and the spiritual, between the known and the unknown."

— A Vedic Teaching

What Are Chakras?

The word **chakra** (चक्र) comes from the Sanskrit for "wheel" or "turning." In the yogic and tantric traditions of ancient India, chakras are described as spinning vortices of energy located along the central channel of the body. They are not physical organs you can see or touch — they are energetic structures that exist in the subtle body, the layer of our being that interpenetrates the physical form.





Figure 5.1 — The seven major chakras along the central channel of the body

There are seven major chakras, arranged from the base of the spine to the crown of the head. Each chakra is associated with specific physical body parts, endocrine glands, nerve plexuses, emotions, psychological functions, and spiritual themes. Together, they form a complete map of human consciousness — from survival and instinct at the root, to divine union at the crown.

Reiki works directly on the chakra system. When you place your hands on a chakra during self-treatment or healing, the universal energy flows into that centre, clearing blockages, restoring balance, and awakening its natural function. Understanding the chakras is therefore essential for every Reiki practitioner — it is the map that guides your healing.

◆ DID YOU KNOW?

The chakra system is over 4,000 years old. It was first described in the *Upanishads*, the ancient philosophical texts of India, around 2000 BCE. The system was later expanded in the tantric traditions. Mikao Usui was influenced by these traditions, and the chakra system became integrated into Western Reiki practice through the work of Hayashi and Takata. Today, the chakra system is used by healers, yogis, and therapists worldwide.

The Seven Major Chakras — Detailed Anatomy

Each chakra has a rich anatomy of associations. The table below provides a comprehensive overview of all seven major chakras — their Sanskrit names, elements, colours, seed sounds (bija mantras), associated endocrine glands, crystals, and essential oils.

Chakra	Sanskrit	Element	Colour	Seed Sound	Gland	Crystals
Crown	Sahasrara	Thought/ Space	Violet/ White	AUM / Silence	Pineal	Amethyst, Clear Quartz, Selenite
Third Eye	Ajna	Light	Indigo	OM (AUM- ksha)	Pituitary	Lapis Lazuli, Sodalite, Fluorite
Throat	Vishuddha	Sound/ Ether	Blue	HAM	Thyroid	Blue Lace Agate, Turquoise, Aquamarine
Heart	Anahata	Air	Green/ Pink	YAM	Thymus	Rose Quartz, Green Aventurine, Jade
Solar Plexus	Manipura	Fire	Yellow	RAM	Pancreas	Citrine, Tiger's Eye, Amber

Sacral	Svadhithana	Water	Orange	VAM	Gonads/ Ovaries	Carnelian, Moonstone, Orange Calcite
Root	Muladhara	Earth	Red	LAM	Adrenals	Red Jasper, Hematite, Black Tourmaline

Signs of Balanced and Blocked Chakras

Understanding the signs of balance and imbalance in each chakra is one of the most valuable skills a Reiki practitioner can develop. When a chakra is balanced, its associated areas of life function harmoniously. When blocked or overactive, specific symptoms appear — physically, emotionally, and spiritually. This knowledge helps you know where to focus your self-treatment and what to observe during healing.

The Root Chakra (Muladhara)

Location: Base of the spine. **Theme:** Survival, grounding, security, belonging.

Balanced: You feel grounded, secure, and stable. You trust that your basic needs will be met. You have a sense of belonging and connection to the physical world. You are practical, organised, and capable of manifesting your needs.

Blocked: Anxiety about survival, finances, or safety. Feeling ungrounded, scattered, or disconnected from reality. Fear of change. Lower back pain, leg problems, immune disorders, digestive issues, or issues with the feet and knees. Hoarding or excessive materialism.

The Sacral Chakra (Svadhithana)

Location: Lower abdomen, just below the navel. **Theme:** Emotions, pleasure, creativity, sexuality, relationships.

Balanced: You feel emotionally stable and expressive. You enjoy pleasure and creativity. Your relationships are healthy and fulfilling. You feel comfortable with your sexuality and sensuality. You adapt to change with grace.

Blocked: Emotional instability, mood swings, guilt about pleasure. Creative blocks, fear of sexuality. Difficulty in relationships, co-dependency. Lower back pain, urinary or kidney problems, reproductive issues, low libido or excessive sexual desire.

The Solar Plexus Chakra (Manipura)

Location: Upper abdomen, just below the ribcage. **Theme:** Personal power, self-esteem, will, confidence, digestion.

Balanced: You feel confident, capable, and in control of your life. You have a strong sense of self-worth. You take action and follow through. You are disciplined and motivated. You digest food and experiences well.

Blocked: Low self-esteem, lack of confidence, feeling powerless or victimised. Difficulty making decisions. Digestive problems, ulcers, diabetes, liver issues. Need to control others or being controlled by others. Anger, aggression, or passivity.

The Heart Chakra (Anahata)

Location: Centre of the chest. **Theme:** Love, compassion, forgiveness, connection, emotional balance.

Balanced: You feel love and compassion for yourself and others. You forgive easily. Your relationships are harmonious. You feel connected to all living beings. You give and receive love freely. You are at peace.

Blocked: Difficulty giving or receiving love. Holding onto grief, resentment, or anger. Feeling isolated or disconnected. Jealousy, possessiveness, or fear of betrayal. Heart problems, asthma, immune disorders, tension in the chest and shoulders.

◆ INSIGHT — THE BRIDGE OF THE HEART

The heart chakra is the pivotal centre of the entire system. It is the bridge between the lower three chakras (which govern physical and earthly life) and the upper three (which govern mental and spiritual life). When the heart is open, energy flows freely between all centres. This is why Reiki energy always flows through the heart before reaching the hands — the heart is the gateway of healing.

The Throat Chakra (Vishuddha)

Location: Throat. **Theme:** Communication, self-expression, truth, creativity.

Balanced: You express yourself clearly and honestly. You speak your truth without fear. You listen well. You are creative and inspired. You communicate your needs and boundaries effectively.

Blocked: Difficulty speaking up, fear of judgment, suppressing your voice. Sore throat, thyroid problems, neck pain, dental issues, ear problems. Lying, gossiping, or talking too much without substance. Inability to listen.

The Third Eye Chakra (Ajna)

Location: Centre of the forehead, between the eyebrows. **Theme:** Intuition, insight, imagination, inner wisdom, clarity.

Balanced: You trust your intuition. You see situations clearly, beyond surface appearances. You have vivid imagination and visual memory. You are open to spiritual insights. You can focus and concentrate well.

Blocked: Lack of imagination, difficulty visualising. Dismissing intuition. Confusion, difficulty concentrating. Headaches, vision problems, sinus issues, sleep disorders. Over-intellectualising, living only in the mind, disconnection from inner wisdom.

The Crown Chakra (Sahasrara)

Location: Top of the head. **Theme:** Spiritual connection, consciousness, universal oneness, divine wisdom.

Balanced: You feel connected to something greater than yourself. You experience moments of peace, bliss, and oneness. You trust the flow of life. You are open to spiritual experiences and divine guidance. You live with a sense of purpose and meaning.

Blocked: Feeling disconnected, cynical, or spiritually empty. Difficulty trusting in life or a higher power. Depression, apathy, feeling that life has no meaning. Migraines, neurological problems, sensitivity to light and sound. Dogmatism or rigid beliefs.

Chakra Balancing Techniques

Beyond Reiki hand positions, there are many complementary techniques for balancing the chakras. These can be used alongside your daily Reiki practice to deepen your work on specific centres.

1. Seed Sound Chanting (Bija Mantras)

Each chakra has a seed sound (bija mantra) that resonates with its frequency. Chanting these sounds activates and balances the corresponding chakra. Sit quietly, breathe deeply, and chant each sound 7 times, moving from root to crown: **LAM, VAM, RAM, YAM, HAM, OM, AUM (silence)**. Feel the vibration in the corresponding area of your body.

2. Colour Visualisation

Visualise the colour associated with each chakra filling that area of your body with light. Start at the root (red) and move up to the crown (violet/white), spending a minute at each centre. This is especially powerful when combined with Reiki self-treatment.

3. Crystal Placement

Place the appropriate crystal on each chakra while lying down. The crystal's energy interacts with the chakra, amplifying balance. Combine with Reiki by placing your hands over the crystals and letting the energy flow.

4. Yoga Postures (Asanas)

Specific yoga postures stimulate and balance individual chakras. For the root, try mountain pose or standing forward bends. For the sacral, try bound angle or pigeon pose. For the solar plexus, try boat or bow pose. For the heart, try camel or cobra. For the throat, try fish or shoulder stand. For the third eye, try child's pose or seated meditation. For the crown, try headstand (with supervision) or savasana.

5. Affirmations

Each chakra responds to specific affirmations. Repeat these during self-treatment or meditation:

Chakra	Affirmation
Root	I am safe, grounded, and secure.

Sacral

I feel my emotions and express them with grace.

Solar Plexus

I am confident, powerful, and worthy.

Heart

I give and receive love freely and openly.

Throat

I speak my truth with clarity and confidence.

Third Eye

I trust my intuition and inner wisdom.

Crown

I am connected to the divine and all that is.

❖ Exercise 5.1 — The Full Chakra Balancing Meditation

CHAKRA PRACTICE

This meditation balances all seven chakras in a single practice. It combines visualisation, breath, and Reiki.

1. Lie down comfortably. Take several deep breaths to relax.
2. Place your hands on the root chakra (base of spine). Visualise a glowing red light. Chant "LAM" seven times. Feel the energy stabilise.
3. Move hands to the sacral chakra (lower abdomen). Visualise orange light. Chant "VAM" seven times. Feel creativity flowing.
4. Move hands to the solar plexus (upper abdomen). Visualise yellow light. Chant "RAM" seven times. Feel your power growing.
5. Move hands to the heart (centre of chest). Visualise green and pink light. Chant "YAM" seven times. Feel love expanding.
6. Move hands to the throat. Visualise blue light. Chant "HAM" seven times. Feel your truth freeing.
7. Move hands to the third eye (forehead). Visualise indigo light. Chant "OM" seven times. Feel insight awakening.
8. Move hands to the crown (top of head). Visualise violet and white light. Sit in silence. Feel divine connection.
9. Rest for a few minutes, feeling the energy flowing through all seven centres. Give thanks.

Recommended duration: 20–30 minutes · 2–3 times per week

◆ INSIGHT — CHAKRAS AND REIKI SYNERGY

Reiki and the chakra system work together naturally. When you do a full self-treatment, you are already balancing all seven chakras through the hand positions. By adding visualisation, seed sounds, and affirmations, you deepen and accelerate the healing. The more you understand the chakras, the more effectively you can direct Reiki to where it is needed most.

◆ HIDDEN WISDOM — THE 21 CHAKRAS

While most teachings focus on the 7 major chakras, the Vedic and tantric traditions describe a total of 21 chakras — 7 major, 14 minor. The minor chakras are located in the palms of the hands, soles of the feet, knees, hips, shoulders, elbows, and other joints. These minor chakras are equally important for a Reiki practitioner — the palm chakras are where Reiki energy exits, and the foot chakras are where we ground excess energy. When you feel tingling in your palms during Reiki, you are feeling the palm chakras activating.

Chapter Reflection

Which chakra do you feel is most in need of balancing in your life? Have you noticed physical symptoms that correspond to a blocked chakra? How will you incorporate chakra awareness into your daily Reiki practice? What affirmations resonate most with you? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

When you feel anxious, place your hands on your root chakra and repeat "I am safe." When you can't express yourself, hold your throat and say "I speak my truth." Chakra awareness is a daily diagnostic tool.

What Chakras Are

Chakras are spinning wheels of energy along the central channel — doorways of consciousness.

The Seven Centres

Root, sacral, solar plexus, heart, throat, third eye, crown — each with specific functions.

The Heart Bridge

The heart chakra is the bridge between the physical (lower) and spiritual (upper) chakras.

Signs of Balance

Each chakra has specific physical, emotional, and spiritual signs when balanced or blocked.

Balancing Techniques

Use seed sounds, colour visualisation, crystals, yoga, and affirmations alongside Reiki.



CHAPTER SIX

06

The Attunement & 21-Day Cleanse

Reiju & Cleansing · 授予と浄化



The Attunement & 21-Day Cleanse

Opening the channel and what comes after

"The attunement does not give you Reiki. It removes the obstacles that were preventing you from feeling what was always there."

— A Reiki Teaching

What Is an Attunement?

An attunement — known in Japanese as **Reiju** (授予), meaning "giving of energy" — is the sacred ceremony through which a Reiki Master opens and aligns a student's energy channels, permanently connecting them to the universal life force. It is the defining feature of Reiki that distinguishes it from other energy healing systems. You cannot learn Reiki from a book alone — the attunement is what activates the flow.

During an attunement, the Master acts as a channel for the universal energy, which flows through them into the student's crown, heart, and palms. The student's energy centres (chakras) are opened and aligned, and the pathway for Reiki is permanently established. Once attuned, you have Reiki for life — the ability to channel never goes away, no matter how long you go between treatments.



How the Attunement Works

The attunement process has four parts:

Part One — Preparation

The student sits comfortably, often in Gassho (prayer) position. The Master grounds and centres themselves, sets the intention, and calls upon the universal energy.

Part Two — Energy Transfer

Reiki energy flows through the Master's hands into the student's crown, down through the chakras, and into the palms. The Master may gently touch the student's head, shoulders, and hands, or work in the aura above the body.

Part Three — Sealing

The attunement is sealed — the energy pathway is permanently established. The Master disconnects their energy from the student, ensuring the student is connected directly to the universal source, not dependent on the Master.

Part Four — Blessing

The attunement concludes with a blessing — a moment of gratitude and honouring. The student may feel warmth, tingling, deep peace, or even emotions releasing. Some see colours or have spiritual experiences. Every attunement is unique.

◆ INSIGHT — DISTANT ATTUNEMENTS

Attunements can be given in person or at a distance. Because Reiki energy transcends time and space, a Master can attune a student anywhere in the world. The experience and the effect are the same. Distance attunements make Reiki accessible to everyone, regardless of geography.

The 21-Day Cleanse

After receiving an attunement, the body, mind, and spirit undergo a period of cleansing and integration. This process typically lasts **21 days** — a period Usui himself observed on Mount Kurama. During this time, the energy channels are opening and clearing, and the body releases physical, emotional, and mental toxins that have accumulated over time.

Think of it as a deep spring cleaning. The Reiki energy is flowing through your system for the first time at this level, and it is flushing out everything that does not serve your highest good. This is a positive process — it means the energy is working. But it can be uncomfortable if you don't know what to expect.

Detox Symptoms — What to Expect

Not everyone experiences all of these symptoms, and some people experience none at all. The intensity depends on how much clearing your system needs. Here are the most common detox symptoms during the 21-day cleanse:

Category	Symptoms
Physical	Headaches, fatigue, changes in sleep patterns, cold-like symptoms, mild digestive changes, increased urination, skin breakouts, muscle aches, changes in appetite, vivid or intense dreams
Emotional	Mood swings, unexpected tears, irritability, waves of sadness or joy, old memories surfacing, emotional release, feeling more sensitive than usual
Mental	Brain fog, vivid dreams, old thought patterns arising, sudden clarity, difficulty concentrating, shifts in perspective

Spiritual

Heightened intuition, vivid dreams, synchronicities, feeling connected to something greater, shifts in consciousness, experiences of peace or bliss

 IMPORTANT

Detox symptoms are *not* illness — they are signs that your body is clearing. However, if you experience severe or persistent symptoms, always consult a healthcare professional. Reiki detox is gentle; severe symptoms warrant medical attention, not energy healing alone.

How to Support the Cleansing Process

Drink Plenty of Water

Water helps flush toxins from the body. Drink more than usual during the 21 days — pure, clean water is best.

Rest and Slow Down

Your body is doing deep work. Honour it with extra rest, gentle movement, and time in nature. Avoid pushing yourself during this period.

Eat Lightly and Cleanly

Light, nourishing foods support the cleansing process. Many people naturally crave simpler foods during this time. Listen to your body.

Practise Daily Self-Healing

A daily self-healing session during the 21-day cleanse amplifies the integration and helps the energy flow more smoothly. Even 15–20 minutes a day makes a significant difference.

Salt Baths

A warm bath with sea salt or Epsom salt helps draw out toxins through the skin and supports the cleansing process. Add a cup of salt to your bath 2–3 times per week during the cleanse.

Avoid Alcohol and Caffeine

These substances can interfere with the energetic clearing. If you drink coffee or alcohol, consider reducing during the 21 days.

❖ Exercise 6.1 — The 21-Day Cleanse Journal

DAILY TRACKING

Keep a journal for the 21 days following your attunement. Each day, note the following:

1. **Date and Day:** Day 1 of 21, Day 2 of 21, etc.
2. **Physical sensations:** Any bodily changes, energy levels, sleep quality
3. **Emotional state:** How you felt during the day, any unexpected emotions
4. **Dreams:** Any vivid or significant dreams
5. **Self-healing notes:** How long you practised, what you noticed
6. **Insights:** Any thoughts, synchronicities, or spiritual experiences

This journal becomes a record of your transformation. Re-read it after 21 days to see how far you've come.

Chapter Reflection

How do you feel about receiving an attunement — excited, nervous, or unsure? What detox symptoms would concern you, and how will you respond to them? How will you create space in your life for the 21-day cleanse? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

During the cleanse, you may feel the urge to clean your home, let go of old items, or change your routine. Follow these impulses gently — they are part of the process.

The Attunement

An attunement (Reiju) permanently opens your energy channels to universal Reiki.

The Process

The attunement has four parts: preparation, energy transfer, sealing, and blessing.

The Cleanse

After attunement, a 21-day cleanse clears physical, emotional, and mental toxins.

Self-Care

Support the cleanse with water, rest, clean food, daily self-healing, and salt baths.

Track Your Journey

Keep a journal during the 21 days to track your transformation.



CHAPTER SEVEN

07

Self-Healing

All Hand Positions · 自己癒法



Self-Healing

The complete daily self-treatment routine

"Heal yourself first. Before you can heal the world, you must heal the one in the mirror."

— A Reiki Teaching

The Foundation of All Reiki Practice

Self-healing is the heart and soul of First Degree Reiki. Mikao Usui taught that before you can heal others, you must first heal yourself. Daily self-treatment is not optional — it is the core practice of Shoden. When you heal yourself regularly, you become a clearer channel, your sensitivity grows, and the energy flows more powerfully through your hands.

A full self-treatment takes about 30–45 minutes and covers all the major chakras and energy centres of the body. Each position is held for 3–5 minutes, or until you intuitively feel it is time to move on. Over time, you will develop your own rhythm and intuition.

The Hand Positions

There are 13 standard hand positions for self-healing, moving from the head down through the body. Use the **butterfly touch** — a gentle, light placement of the hands, like a butterfly resting on a flower. The hands do not need to press; they simply rest, allowing the energy to flow.



◆ THE BUTTERFLY TOUCH

The butterfly touch is the cornerstone of Reiki hand placement. Place your hands so lightly that they barely touch the skin — like a butterfly alighting on a petal. Reiki energy does not require pressure. In fact, heavy pressure can block the flow. Light, gentle, relaxed hands allow the energy to flow freely. Trust the energy — it knows where to go.



Figure 6.1 — The butterfly touch: gentle, light, like a butterfly resting on a flower

Positions 1–4: The Head



Position 1 — Eyes & Crown: Cup your hands gently over your eyes, allowing the palms to rest on the cheekbones. This position addresses the crown and third eye chakras, calming the mind, relieving headaches, and supporting intuition.



Position 2 — Temples: Place your hands on the sides of your head at the temples. This position balances the brain hemispheres, eases mental tension, and supports clear thinking.



Position 3 — Back of Head: Place your hands on the back of your head, just above the neck. This position relieves stress, supports deeper sleep, and releases tension held in the neck and skull.

Position 4: The Throat



Position 4 — Throat: Place your hands gently around your throat (cupped, not pressing). This position balances the throat chakra, supporting communication, self-expression, and the thyroid gland.

Positions 5–8: The Torso



Position 5 — Heart: Place both hands over the centre of your chest. This position opens and balances the heart chakra, supporting love, compassion, emotional healing, and the thymus gland (immune system).



Position 6 — Solar Plexus: Place your hands on your upper abdomen, just below the ribcage. This position balances the solar plexus chakra, supporting personal power, confidence, digestion, and the pancreas.

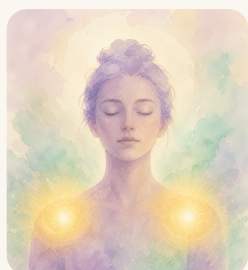


Position 7 — Sacral: Place your hands on your lower abdomen. This position balances the sacral chakra, supporting emotions, creativity, relationships, and the reproductive organs.



Position 8 — Root: Place your hands at the base of your spine (you may need to shift your position slightly). This position grounds you, supports survival energy, security, and the adrenal glands.

Positions 9–13: The Body & Limbs



Position 9 — Shoulders: Place your hands on your shoulders. This position releases tension held in the shoulders and upper back, a common area of stress accumulation.



Position 10 — Knees: Place your hands on your knees. This position supports the joints, releases blocked energy in the legs, and aids grounding.



Position 11 — Feet: Place your hands on your feet. This position grounds you deeply, supports the reflexology points of the entire body, and completes the energy circuit.



Position 12 — Upper Back: Place your hands on your upper back (or as far as you can comfortably reach). This position releases tension between the shoulder blades and supports the heart and lung areas from behind.



Position 13 — Lower Back: Place your hands on your lower back. This position supports the kidneys, lower spine, and sacral area from behind, and helps relieve lower back pain.

◆ HOW LONG SHOULD I HOLD EACH POSITION?

In the beginning, hold each position for 3–5 minutes. As your sensitivity develops, you will begin to *feel* when the energy has finished flowing at a position — the hands may feel less warm, or you may sense a shift. Trust this. Move on when it feels complete. A full treatment is approximately 30–45 minutes.

❖ Exercise 7.1 — Your First Full Self-Treatment

CORE PRACTICE

Now that you know all 13 positions, complete your first full self-treatment. This is the practice you will repeat daily.

1. Find a quiet space where you won't be disturbed. Sit comfortably or lie down.
2. Begin with Gassho — palms together at your heart. Take three deep breaths and set the intention to receive healing.
3. Move through all 13 positions, holding each for 3–5 minutes. Use the butterfly touch.
4. After the last position, return to Gassho and give thanks. Place your hands in your lap and rest for a few minutes.
5. Note any sensations, emotions, or insights in your journal.

Recommended duration: 30–45 minutes · Practise daily



Figure 6.2 — The daily Reiki practice wheel: morning self-healing, Gokai, gratitude, and evening reflection

Chapter Reflection

How did your first full self-treatment feel? Which positions felt most powerful or needed? What sensations did you notice in your hands and body? How will you make daily self-healing a habit? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

Short on time? Even 5 minutes of self-healing is better than none. Place hands on the area that needs it most — heart when stressed, solar plexus when anxious, root when scattered.

The Hand Positions

There are 13 standard hand positions for self-healing, from head to feet.

The Butterfly Touch

The butterfly touch: gentle, light, like a butterfly resting on a flower.

Timing

Hold each position for 3–5 minutes, or until you intuitively feel it's time to move on.

Duration

A full self-treatment takes 30–45 minutes. Even 5 minutes is better than none.

The Foundation

Daily self-healing is the core practice of Shoden — not optional, but essential.



CHAPTER EIGHT

08

The Three Pillars of Reiki

Gassho · Reiji-Ho · Chiryō · 三柱



The Three Pillars of Reiki

Gassho, Reiji-Ho, and Chiryō — the foundation of every treatment

Mikao Usui taught that Reiki practice rests on three pillars — three foundational techniques that precede and support all hands-on healing. These are not separate from the healing; they *are* the healing. Together, they prepare the practitioner, invite the energy, and guide the treatment. Understanding and practising these three pillars will deepen your Reiki beyond technique into true healing art.

First Pillar — Gassho (合掌)

Gassho means "two hands coming together." It is the prayer or namaste position — palms pressed gently together at the heart centre, fingers pointing upward. This is the most fundamental gesture in Reiki practice and in many spiritual traditions worldwide.





Figure 7.1 — Gassho: two hands coming together at the heart centre

Gassho serves three purposes: it centres and grounds you, it opens the heart chakra, and it signals to your mind and body that you are entering a sacred, healing state. Every Reiki session — whether self-treatment or treating others — begins and ends with Gassho.

The Gassho Meditation

Usui taught a specific meditation using the Gassho position: sit quietly with your hands in Gassho, close your eyes, and focus your attention on the point where your two middle fingertips meet. When your mind wanders — and it will — gently bring your attention back to that point. This simple practice develops concentration, stillness, and presence — all essential qualities for a Reiki practitioner.

❖ Exercise 8.1 — Gassho Meditation

DAILY FOUNDATION PRACTICE

1. Sit comfortably with your spine straight. Bring your palms together at your heart centre in Gassho.
2. Close your eyes and take several slow, deep breaths.
3. Focus your attention on the point where your two middle fingertips meet.
4. When thoughts arise (and they will), do not judge them — simply return your attention to the fingertips.
5. Continue for 5–10 minutes.
6. End by bringing your hands to your heart and breathing gently.

Recommended duration: 5–10 minutes · Morning and before every treatment

Gassho Variations — Three Levels of Practice

While the basic Gassho position is palms together at the heart centre, Usui taught that there are three levels of Gassho practice, each serving a different purpose. As you grow in your practice, you can explore these variations to deepen your connection.



Figure 8.2 — Three variations of Gassho: at the heart, at the forehead, and above the crown

Level One — Heart Centre: Palms together at the chest. This is the standard position for beginning and ending all Reiki practice. It centres the heart, cultivates gratitude, and creates a state of inner calm. Use this before every self-treatment and healing session.

Level Two — Forehead (Third Eye): Palms together at the forehead. This position activates the third eye chakra, enhancing intuition and insight. It is used before distant healing (Second Degree) and when seeking spiritual guidance. Use this when you need clarity or when asking the energy for direction.

Level Three — Above the Crown: Palms together above the head, arms fully extended. This position opens the crown chakra fully, creating a direct channel to universal energy. It is used during attunements and deep meditation. Use this when you wish to surrender completely to the energy and receive divine guidance.

◆ INSIGHT — THE ORIGIN OF GASSHO

Gassho is not unique to Reiki. It is an ancient gesture found in Hindu, Buddhist, and Japanese traditions. In India, it is called *Namaste* — "I bow to the divine in you." In Japan, it is used in temples, martial arts, and daily life as a sign of respect and gratitude. Usui recognised the power of this universal gesture and made it the foundation of Reiki practice. When you bring your hands together, you are not just performing a technique — you are joining the two hemispheres of your brain, the two polarities of your energy, and the two sides of your being into one unified whole.

The Science of Gassho

When you press your palms together, something remarkable happens in your body. The pressure points on the palms stimulate the vagus nerve, which activates the parasympathetic nervous system — the body's "rest and heal" mode. Your heart rate slows, your breathing deepens, and your stress hormones decrease. At the same time, bringing the hands to the centre of the body activates the heart chakra, releasing oxytocin — the hormone of love and connection. This is why Gassho feels so calming, even before any Reiki energy flows. The gesture itself is medicine.

Second Pillar — Reiji-Ho (霊示法)

Reiji-Ho translates as "indication of the Reiki power" or "method of spiritual guidance." It is the practice of inviting Reiki to flow and trusting the energy to guide your hands. Reiji-Ho consists of three short rituals performed before each treatment:

Step One — Connect

Begin in Gassho. Close your eyes and connect with the universal energy. Feel it flowing through your crown, through your heart, and into your hands. Set the intention that Reiki will flow for the highest good of the recipient.

Step Two — Ask for Guidance

Ask the Reiki energy to guide your hands to where it is most needed. Trust that the energy knows. You do not need to decide where to place your hands — Reiki will show you. This is the essence of Reiji-Ho: surrendering control and trusting the energy's intelligence.

Step Three — Honour the Energy

Give thanks to the Reiki energy for flowing. Open your eyes and begin the treatment, allowing your hands to be guided by the energy rather than by your mind. If your hands are drawn to a particular area, follow that impulse.

◆ INSIGHT — TRUSTING THE ENERGY

Reiji-Ho is where Reiki becomes an art rather than a technique. When you trust the energy to guide you, you step out of the way and let Reiki do the work. This is liberating — you do not need to be the healer. You are simply the channel. The less you interfere, the more powerfully the energy flows.



Figure 8.3 — The three steps of Reiji-Ho: connect, ask for guidance, begin treatment

Reiji-Ho in Depth — The Inner Experience

While the three steps of Reiji-Ho seem simple, their inner experience is profound. Let us explore each step more deeply.

Step One — Connect: The Art of Surrender

Connection is not something you *do* — it is something you *allow*. The universal energy is always present, always flowing. You do not need to summon it or generate it. You simply need to stop resisting it. When you close your eyes in Gassho and breathe, you are letting go of your ordinary awareness and opening to the subtle. Feel the energy entering through your crown like warm honey flowing down through your head, your neck, your chest, and into your hands. This is the feeling of connection.

Step Two — Ask for Guidance: The Art of Listening

Asking is easy. Listening is the challenge. After you ask the energy to guide your hands, you must be still enough to *hear* the answer. The energy communicates through subtle sensations — a warmth in your palms, a tingling in a particular finger, a gentle pull toward a specific area, a sudden knowing. These sensations are the language of Reiki. The more you practise, the more fluent you become. In the beginning, trust whatever you feel, even if it seems vague. Over time, the guidance becomes clearer and more specific.

Step Three — Honour the Energy: The Art of Gratitude

Gratitude is not just a polite closing — it is a power. When you give thanks before the treatment even begins, you are affirming that the healing has already happened. You are trusting the energy completely. This trust amplifies the flow. Many practitioners find that treatments preceded by genuine gratitude are more powerful and more effective than those done mechanically. Gratitude is the key that unlocks the full power of Reiki.

◆ HIDDEN WISDOM — THE FOURTH STEP

Some teachers describe a fourth, unspoken step in Reiji-Ho: *become the Reiki*. After connecting, asking, and honouring, you do not simply *use* Reiki — you *become* it. Your hands are Reiki. Your breath is Reiki. Your presence is Reiki. There is no separation between you and the energy. This is the highest level of practice, and it comes not through effort but through surrender. When you stop trying to heal and simply *be* the healing, everything transforms.

Third Pillar — Chiryō (治療)

Chiryō means "treatment." It is the actual hands-on healing that follows Gassho and Reiji-Ho. In Chiryō, you place your hands on or above the body and allow the Reiki to flow. The key principle of Chiryō is *presence* — being fully present with the energy and the recipient, without judgment, without expectation, and without trying to control the outcome.

Joshin Kokyuu-Ho — Breathing to Cleanse the Spirit

Usui taught a breathing technique called **Joshin Kokyuu-Ho** to be used during Chiryō. Breathe in through the nose, visualising the energy entering through the crown and flowing down to the Tanden (the energy centre just below the navel). Breathe out through the mouth, visualising the energy radiating out through your hands. This breath keeps the energy flowing and keeps you centred as a channel.

◆ THE TANDEN

The Tanden (丹田) is the body's centre of gravity and the seat of personal vitality, located about two inches below the navel and two inches inward. In Reiki and martial arts, the Tanden is the source of power and stability. When you breathe into the Tanden, you ground yourself and become a stronger, more stable channel for the energy.

Byosen — The Art of Scanning

Byosen (病腺) is a scanning technique that Usui taught alongside the Three Pillars. It is the practice of moving your hands over the body (without touching) to sense energy imbalances before you begin hands-on treatment. Byosen develops your sensitivity and helps you identify where Reiki is most needed.

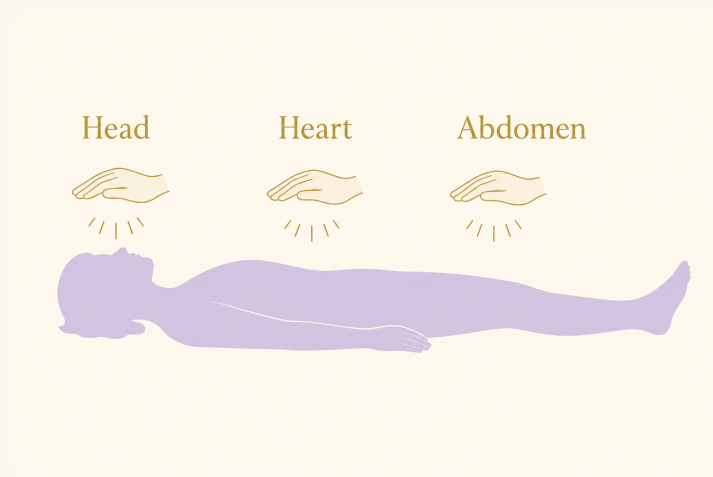


Figure 8.4 — Byosen scanning: hovering hands above the body to sense energy imbalances

To practise Byosen, hold your hands 5–10 cm above the body and move them slowly from head to feet. Notice any changes in sensation — warmth, tingling, coolness, pressure, or a magnetic pull. These sensations indicate areas where energy is blocked or concentrated. Where the sensation is strongest, that is where Reiki is most needed. Place your hands there and allow the energy to flow until the sensation subsides.

◆ INSIGHT — THE BYOSEN SCALE

Usui described different levels of sensation during Byosen scanning, from subtle warmth to intense heat. The stronger the sensation, the more energy is needed in that area. As you treat, the sensation will gradually decrease — this is how you know the area is balancing. When the sensation becomes uniform and calm across the entire body, the treatment is complete. This is the art of *listening* with your hands.

Hatsurei-Ho — The Energy Generation Method

Hatsurei-Ho (発霊法) is an advanced technique that Usui taught to strengthen the flow of Reiki energy. It is a sequence of movements and visualisations that prepare the body as a clear, strong channel. While not one of the three pillars, it is closely related and often practised alongside them.

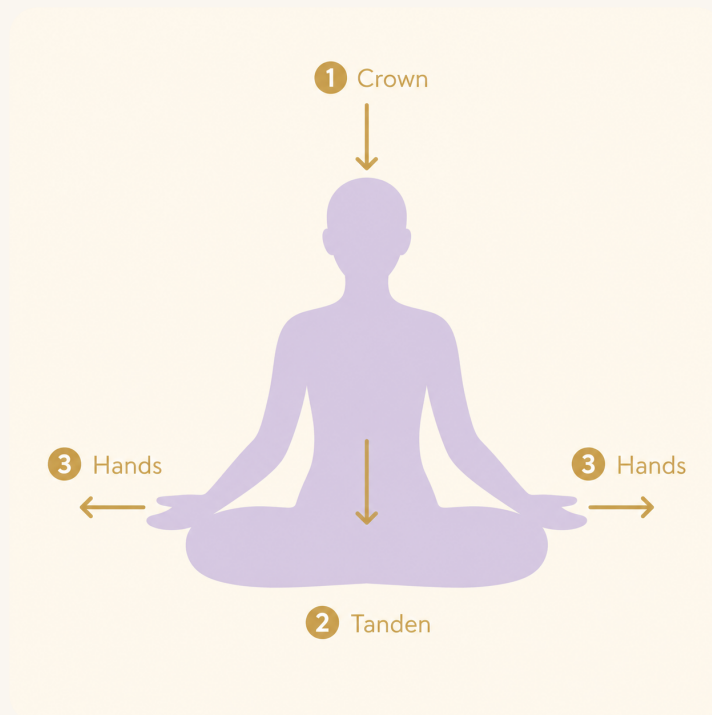


Figure 8.5 — Hatsurei-Ho: energy flows in through the crown, down to the Tanden, and out through the hands

Hatsurei-Ho consists of four parts:

- 1. Kensoku — Clearing:** Stand or sit comfortably. Shake your hands vigorously to release stagnant energy. Brush down your arms and legs with your hands to clear the energy field.
- 2. Joshin Kokyuu-Ho — Spirit Cleansing Breath:** Breathe in through the nose, visualising white light entering through the crown and filling the Tanden. Breathe out through the mouth, visualising the light radiating out through your hands and filling your aura. Repeat 7–10 times.
- 3. Gassho — Unity:** Bring your hands to Gassho at the heart. Focus on the fingertips. This centres and unifies the energy you have gathered.
- 4. Seishin Toitsu — Meditation:** With hands still in Gassho, enter a state of silent meditation. Simply be present with the energy. Do nothing. Let the Reiki fill you completely.

Hatsurei-Ho can be practised daily as a standalone practice or before self-treatment. It strengthens your channel, increases your sensitivity, and deepens your connection to the energy. Many practitioners find that regular Hatsurei-Ho practice noticeably increases the warmth and flow in their hands.

◆ INSIGHT — THE THREE PILLARS AS A WAY OF LIFE

The Three Pillars are not just for formal Reiki sessions. They are a way of approaching life. **Gassho** teaches us to pause, centre, and connect before any action. **Reiji-Ho** teaches us to trust and surrender control. **Chiryō** teaches us to be fully present with whatever arises. When you live by these three principles, every moment becomes a healing practice. Every interaction becomes a Reiki session. This is the true teaching of Usui — not just a healing technique, but a way of being.

❖ Exercise 8.2 — The Complete Three-Pillar Practice

INTEGRATED PRACTICE

Now integrate all three pillars into a single self-treatment session.

1. **Gassho:** Sit comfortably. Bring palms to heart. Close eyes. Breathe deeply. Focus on the fingertips for 2–3 minutes.
2. **Reiji-Ho:** Still in Gassho, set the intention for healing. Ask the energy to guide your hands. Give thanks.
3. **Chiryō:** Open your eyes. Begin your self-treatment, moving through the hand positions. Use Joshin Kokyuu-Ho breathing — breathe in through the crown to the Tanden, breathe out through the hands.
4. After the treatment, return to Gassho and give thanks.

Recommended duration: 30–45 minutes · Daily

Chapter Reflection

Which of the three pillars feels most natural to you? Which is most challenging? How does the Gassho meditation affect your state of mind? What does it feel like to trust the energy to guide your hands? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

The three pillars aren't just for formal treatments. Use Gassho before a difficult conversation. Use Reiji-Ho before a creative project. Use Chiryō breathing when stressed to calm your nervous system.

First Pillar — Gassho

Gassho: two hands coming together at the heart. Centres, opens the heart, signals sacred space.

Second Pillar — Reiji-Ho

Reiji-Ho: inviting Reiki and trusting the energy to guide your hands.

Third Pillar — Chiryō

Chiryō: the hands-on treatment, with presence and trust in the energy.

The Cleansing Breath

Joshin Kokyū-Ho: breathe in through crown to Tanden, breathe out through hands.

The Tanden

The Tanden, two inches below the navel, is the body's centre of power and stability.



CHAPTER NINE

09

The Antahkarana

The Ancient Healing Symbol · 古代の癒しの象徴



The Antahkarana

An ancient healing symbol that requires no attunement

*"Some symbols are so ancient and so powerful that they carry their own energy.
The Antahkarana is one of them."*

— A Reiki Teaching

What Is the Antahkarana?

The Antahkarana is an ancient Tibetan healing symbol that has been used for thousands of years in meditation and spiritual healing. Its name comes from the Sanskrit *antah* (inner) and *karana* (instrument or cause) — meaning "the inner instrument" or "the bridge within." It is one of the most powerful and accessible healing symbols in the world, and remarkably, it requires **no attunement** to use. Anyone can benefit from it simply by having it in their presence.

The Antahkarana works by creating a bridge between the conscious and subconscious mind, and between the physical and spiritual dimensions. Its energy is self-cleansing — it never accumulates negative energy and never needs to be cleared. It simply works, silently and powerfully.

The Four Forms of the Antahkarana

The Antahkarana appears in four forms, each with a specific use:



The Male Form

The male (square spiral) form carries a more assertive, focused, and direct energy. Use it when you need strength, clarity, or to cut through confusion. It is excellent for healing situations that require decisive action.

The Female Form

The female (cross) form carries a softer, more compassionate, and nurturing energy. Use it when you need gentle healing, emotional support, or to heal the heart. It is particularly effective for soothing grief and emotional pain.

The Multiple Form

The multiple form (a grid of symbols) is the most powerful for clearing energetic blocks, congestion, and stagnation. It works deeply and rapidly. After using the multiple form, it is recommended to use the single form to refocus and centre your energy, as the multiple form can sometimes cause temporary disorientation.

The Sacred Cross

The cross form has a greater feeling of sacredness and can also be used to heal the heart chakra. It combines the focused and compassionate qualities in a single symbol.

How to Use the Antahkarana

The Antahkarana is remarkably easy to use. Here are the most common methods:

In Healing Sessions

Place the printed symbol facing the person or area to be healed, then place your hands on top and do Reiki. This reduces the time needed for healing and allows deeper issues to be addressed. The symbol amplifies the Reiki energy.

For Meditation

Place the symbol in front of you at eye level and gaze at it softly during meditation. It will enhance your meditation, deepen your connection to the higher self, and create a powerful sacred space.

For Space Clearing

Place the symbol in a room to clear and elevate the energy of the space. It works continuously and silently, creating a healing atmosphere wherever it is placed.

On the Body

The small form can be laminated and placed in your shoes, taped over a chakra or other body area to enhance healing, or carried in your pocket, purse, or wallet.

◆ INSIGHT — THE SELF-CLEANSING SYMBOL

Unlike crystals and other healing tools, the Antahkarana never needs to be cleansed. Its energy is self-renewing. It does not absorb negative energy — it transforms it. This makes it one of the most convenient and reliable healing tools available. Place it and let it work.

Displaying the Symbol

The symbol works best when printed in black or dark purple on a light background, or silk-screened onto cotton, wool, or silk. The power of the symbol comes from the contrast. Place it facing the person or area to be healed. You can also draw it by hand — the act of drawing it is itself a meditation.

❖ Exercise 9.1 — Antahkarana Meditation

SYMBOL PRACTICE

1. Print or draw one form of the Antahkarana on a piece of paper.
2. Sit comfortably and place the symbol at eye level, about 60 cm away.
3. Soften your gaze and look at the symbol without staring. Let your eyes rest on it gently.
4. Breathe naturally. Notice any sensations — warmth, tingling, shifts in awareness, emotions arising.
5. Continue for 5–15 minutes. Do not try to analyse the symbol — simply receive its energy.
6. When finished, close your eyes and notice how you feel. Give thanks.

Recommended duration: 5–15 minutes · 2–3 times per week

◆ DID YOU KNOW? — THE ANTAHKARANA IN ANCIENT TIMES

The Antahkarana is believed to have originated in ancient Tibet, where it was kept secret in the meditation rooms of Tibetan monasteries. The symbol was used by lamas and meditation masters as a focus for spiritual development and healing. Unlike many sacred symbols that require initiation, the Antahkarana was eventually shared openly because its energy is inherently self-regulating — it cannot be misused or corrupted. The symbol's geometric pattern creates a continuous flow of energy that moves in a figure-eight pattern, connecting the physical body with the higher spiritual dimensions. Some traditions hold that simply having the symbol in your environment — even folded in a pocket or placed under a pillow — generates a measurable shift in the energy of the space.

❁ HIDDEN WISDOM — THE BRIDGE BETWEEN WORLDS

The word *antahkarana* in yogic philosophy also refers to the internal bridge of consciousness — the faculty that connects the waking mind with the deeper layers of awareness. When you meditate with the Antahkarana symbol, you are not only working with an external image; you are activating the very same inner bridge within yourself. The outer symbol mirrors the inner process. This is why the Antahkarana is considered a "living" symbol — it does not merely represent a concept, it embodies and activates the reality it points to.

❖ Exercise 9.2 — Antahkarana Self-Cleansing

ENERGY CLEARING PRACTICE

Use the Antahkarana to cleanse your own energy field after a difficult day or after treating others.

1. Lie down comfortably. Place the multiple-form Antahkarana under your back, image facing up.
2. Close your eyes and breathe deeply. Set the intention that the symbol clear all stagnant energy from your field.
3. Remain still for 10–15 minutes. You may feel tingling, warmth, or a sense of energy moving.
4. When you feel complete, sit up slowly. Remove the symbol and drink a glass of water.
5. Wash your hands under cold running water to seal your energy field.

Recommended duration: 10–15 minutes · After treatments or when feeling drained

Chapter Reflection

What did you feel during the Antahkarana meditation? Which form of the symbol resonates most with you — male, female, multiple, or cross? How might you incorporate this symbol into your daily life and healing practice? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

Tape a small Antahkarana under your desk at work. Place one under your pillow for healing during sleep. Keep one in your car for protection. The symbol works silently and continuously.

What It Is

The Antahkarana is an ancient Tibetan healing symbol requiring no attunement.

The Four Forms

Four forms: male (assertive), female (compassionate), multiple (clearing), sacred cross.

Self-Cleansing

The symbol is self-cleansing — it never absorbs negative energy.

How to Use

Use it in healing, meditation, space clearing, and on the body.

Everyday Uses

Place it in rooms, under pillows, in shoes — it works silently and continuously.



CHAPTER TEN

10

Healing Others & Reiki for Everything

他者癒法と万物への癒し



Healing Others & Reiki for Everything

Reiki flows to all living things — people, plants, animals, food, and space

"Reiki is the art of channelling universal energy. That energy does not distinguish between a human, a tree, or a bowl of water. It flows wherever it is invited."

— A Reiki Teaching

Healing Others — The Basics

First Degree Reiki is primarily about self-healing, but it also gives you the ability to share Reiki with family, friends, and even pets through hands-on treatment. The same energy that flows through you in self-treatment flows through your hands to another person. The process follows the same Three Pillars you learned in Chapter 7: Gassho, Reiji-Ho, and Chiryō.





Figure 10.1 — Universal energy flows from the source through the healer's hands to the recipient

Preparing to Treat Others

Before treating someone else, ensure you have done your own self-healing first. A clear channel heals more effectively. Create a calm, comfortable space — soft lighting, comfortable temperature, gentle music if desired. Have the recipient lie down or sit comfortably. Explain briefly what Reiki is and what to expect, so they feel at ease.

The Treatment Sequence

1. **Gassho:** Begin in Gassho, centring yourself and connecting with the energy.
2. **Reiji-Ho:** Ask the energy to guide your hands. Trust where you are drawn.

3. **Chiryō:** Place your hands on or above the body, following the standard positions (head, throat, heart, solar plexus, sacral, root, back, legs, feet). Hold each position for 3–5 minutes.
4. **Close with Gassho:** Give thanks, ground yourself, and wash your hands under cold water to disconnect.

IMPORTANT — WHEN NOT TO TREAT

Do not treat someone without their consent. Do not treat broken bones, open wounds, or acute medical emergencies — these require medical professionals. Reiki can support healing *alongside* medical care, but never delay or replace medical treatment. Always advise recipients to continue seeing their doctor.

Reiki for Plants

Reiki works wonderfully with plants, which are naturally receptive to energy. You can give Reiki to houseplants, garden plants, seeds before planting, and even trees. Plants respond remarkably well — they grow stronger, healthier, and more vibrant.



Figure 9.1 — Reiki energy flowing to plants and all living things

How to Give Reiki to Plants

Place your hands around the plant's pot or around its leaves and stems. Hold the intention of health and vitality. You can also hold seeds in your palms for a minute before planting, charging them with Reiki energy. For ailing plants, place your hands near the roots and let the energy flow for 5–10 minutes.

Reiki for Animals

Animals are extremely sensitive to energy and often respond to Reiki even more readily than humans. Pets will often come to you when they want Reiki and walk away when they have had enough — respect this. Let the animal guide the session.

How to Give Reiki to Animals

Begin by offering your hands from a slight distance, allowing the animal to approach if it chooses. Place your hands gently on the animal (if it is comfortable with touch) or hold your hands a few inches above the body. Focus on areas of concern — injuries, joints, the heart, or the spine. Animals will often relax, sigh, or fall asleep during treatment. A session may be much shorter than a human treatment — 10–20 minutes is often plenty.

◆ INSIGHT — LET THE ANIMAL DECIDE

Animals know what they need. Some will press themselves against your hands; others will keep their distance and receive the energy from across the room. Both are valid. Never force Reiki on an unwilling animal. The energy will reach them regardless of whether you are touching them or across the room.

Reiki for Food and Water

Reiki can be used to energise and bless food and water, enhancing their nourishment and clearing any stagnant energy they may carry. This is one of the most practical and powerful daily applications of Reiki.

Charging Water

Hold your glass or bottle of water between your palms for 30–60 seconds, with the intention of filling it with Reiki energy. The water absorbs the energy and carries it into your body when you drink. Many practitioners find Reiki-charged water tastes smoother and feels more refreshing.

Blessing Food

Before eating, hold your hands over your food for a moment and send Reiki. This clears any negative energy the food may have absorbed and enhances its nutritional and energetic value. It is also a beautiful practice of gratitude — honouring the food that nourishes you.

Reiki for Space Clearing

Every space holds energy. Rooms where arguments have occurred, illness has been experienced, or sadness has been felt can accumulate stagnant energy. Reiki can clear and elevate the energy of any space — your home, your office, a hospital room, or any environment that needs refreshing.

How to Clear a Space

1. Stand in the centre of the room. Begin in Gassho.
2. Set the intention to clear and uplift the energy of the space.
3. Walk slowly around the room, palms facing outward, sending Reiki into the walls, corners, and ceiling.
4. Pay special attention to corners, where stagnant energy often accumulates.
5. Finish by sending Reiki to the entire room from the centre, visualising it filled with golden, clear light.
6. Close with Gassho and gratitude.

Reiki for Specific Conditions

While Reiki does not diagnose or treat medical conditions, it can be wonderfully supportive for many common concerns. Here are some practical applications for everyday situations. Always remember: Reiki is complementary, not alternative. Continue medical treatment as advised by your doctor.

◆ REIKI FOR STRESS AND ANXIETY

When stressed or anxious, place your hands on your solar plexus and heart. Breathe deeply using Joshin Kokyuu-Ho. Hold for 10–15 minutes. The energy calms the nervous system, shifting you from "fight or flight" to "rest and heal" mode. Many people feel their anxiety dissolve within minutes. For chronic anxiety, practise daily self-treatment focusing on the solar plexus and root chakras.

◆ REIKI FOR SLEEP

Do a short self-treatment in bed before sleep, focusing on the head positions (positions 1–3) and the heart. Use the butterfly touch — barely touching. Many people fall asleep during the treatment, which is perfect. The Reiki continues flowing while you sleep. For insomnia, charge a glass of water with Reiki and drink it before bed. Place an Antahkarana symbol under your pillow.

◆ REIKI FOR PAIN RELIEF

Place your hands directly on or around the area of pain. Hold for 10–20 minutes. Reiki reduces inflammation, relaxes tense muscles, and promotes the body's natural pain-relief mechanisms. For headaches, use positions 1–3 (head positions). For back pain, use positions 12–13. For joint pain, place hands directly on the joint. Never use Reiki as a replacement for medical pain management.

◆ REIKI FOR EMOTIONAL HEALING

When processing difficult emotions — grief, anger, sadness, fear — place your hands on your heart chakra and hold. Allow whatever emotions arise to surface without judgment. Reiki energy gently helps release stored emotional energy. You may experience tears, trembling, or waves of feeling — this is the energy clearing. Continue holding until the wave passes. End with gratitude.

◆ REIKI FOR DIGESTION

Place your hands on your solar plexus and sacral chakras for 10–15 minutes after meals. Reiki supports digestive function, reduces bloating, and helps the body process food energetically. For chronic digestive issues, practise daily self-treatment on the solar plexus area. Charge your drinking water with Reiki before meals.

◆ REIKI FOR IMMUNITY

Daily self-treatment strengthens the immune system by reducing stress (which suppresses immunity) and promoting the body's natural healing responses. Focus on the thymus (heart chakra area) and the root chakra. During cold and flu season, charge your water with Reiki daily and do a full self-treatment every evening.

◆ INSIGHT — REIKI FOR EVERYTHING

The beauty of First Degree Reiki is that once your channel is open, you can direct Reiki to *anything* — your car before a long drive, your phone before an important call, your pillow for restful sleep, a gift before giving it. Reiki is universal energy, and it flows wherever you direct it with intention. The only limit is your imagination.

❖ Exercise 10.1 — Reiki for Everything Challenge

DAILY PRACTICE

For one week, apply Reiki to at least three different things each day — not just yourself.

Try:

- Your morning water or tea
- Your food before each meal
- A houseplant or garden plant
- A pet or animal you encounter
- Your workspace before beginning work
- A room in your home
- A gift before giving it
- Your bed before sleep

Keep a note of what you notice. You may be surprised at the results.

Chapter Reflection

Which application of Reiki excites you most — healing people, plants, animals, food, or spaces? How might your daily life change if you applied Reiki to everything around you? What does it mean that universal energy flows to all living things equally? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

When you bring flowers home, hold the bouquet for a minute and send Reiki. They will last longer. Charge your watering can with Reiki. Your plants will thrive.

Universal Energy

Reiki flows to all living things — people, plants, animals, food, water, and spaces.

Ethics

Always obtain consent before treating others. Never treat without permission.

Reiki for Animals

Animals guide their own sessions — let them come to you and leave when ready.

Reiki for Food & Water

Charge water and bless food with Reiki to enhance their nourishment.

Space Clearing

Clear stagnant energy from rooms by walking slowly with palms facing outward.



CHAPTER ELEVEN

11

Meditation & The Butterfly Touch

瞑想と蝶のやすらぎ



Meditation & The Butterfly Touch

Deepening your practice through stillness and gentleness

"In the silence between thoughts, Reiki flows. In the gentleness of a butterfly's touch, healing begins."

— A Reiki Teaching

The Role of Meditation in Reiki

Meditation is not separate from Reiki — it is woven into the very fabric of the practice. Mikao Usui was a lifelong meditator, and the Reiki system grew from his meditation on Mount Kurama. When you meditate, you quiet the mind, open the heart, and become a clearer channel for the energy. The stiller you are inside, the more powerfully Reiki can flow through you.

Regular meditation also develops the sensitivity you need as a healer — the ability to feel energy, sense blockages, and trust your intuition. The hands become more sensitive. The mind becomes more present. The heart becomes more open.

The Gassho Meditation — Deepened

You were introduced to the Gassho meditation in Chapter 7. Now let us deepen it. This expanded version incorporates breathing, visualisation, and intention to open your channels more fully.





Figure 11.1 — Gassho: hands together at the heart, the foundation of all Reiki practice

❖ Exercise 11.1 — Deep Gassho Meditation

EXTENDED PRACTICE

1. Sit comfortably with your spine straight. Bring your palms together at your heart in Gassho.
2. Close your eyes. Breathe slowly and deeply through your nose.
3. Focus your attention on the point where your middle fingertips meet.
4. On each inhale, visualise white light entering through your crown, flowing down to your heart.
5. On each exhale, feel the light radiating from your heart through your palms.
6. Continue for 10–20 minutes. When thoughts arise, return to the fingertips.
7. End by lowering your hands to your lap and sitting in silence for a few moments.

Recommended duration: 10–20 minutes · Daily, ideally morning

The Butterfly Touch — A Deeper Exploration

The butterfly touch is more than a technique — it is a philosophy of healing. It embodies the Reiki principle that the healer does not force, push, or impose. Instead, the healer rests gently, like a butterfly on a flower, and allows the energy to do the work.



Figure 10.1 — The butterfly touch: gentle, light, trusting the energy

The Three Qualities of the Butterfly Touch

Gentleness: The hands rest so lightly they barely touch the skin. There is no pressure, no force. The energy does not need pressure to flow — it needs openness.

Presence: The healer is fully present, attentive, and aware. Not thinking about the past or future, not planning the next position — simply being here, now, with the energy.

Trust: The healer trusts that the energy knows what to do. They do not try to direct, control, or push the energy. They simply allow. This trust is what makes Reiki effortless.

◆ INSIGHT — LESS IS MORE

Many new practitioners try too hard — pressing firmly, concentrating intensely, trying to "push" the energy. This actually restricts the flow. The paradox of Reiki is that the less you do, the more the energy flows. Relax, let go, and trust. The energy is intelligent — it knows where to go and what to do. Your job is simply to be the channel.

Visualisation in Reiki

Visualisation is a powerful complement to Reiki practice. While Reiki does not require visualisation to work, intentional visualisation can direct and amplify the energy. Here are three visualisations to incorporate into your practice:

The Golden Light Visualisation

Before a self-treatment or healing session, visualise a beam of warm golden light entering your crown, flowing through your heart, and out through your hands. See the light filling the area you are treating. Hold this image gently in your mind as you work.

The Lotus Visualisation

Visualise a lotus flower at each chakra. As you place your hands on each position, see the corresponding lotus opening and blooming, radiating light. The crown lotus is violet, the third eye indigo, the throat blue, the heart green, the solar plexus yellow, the sacral orange, the root red.

The River Visualisation

Visualise Reiki as a river of light flowing through you. You are not the source of the river — you are the riverbed. The water flows through you, not from you. This image helps you release any sense of personal effort or responsibility for the healing. You are simply the channel through which the river flows.

❖ Exercise 11.2 — Integrated Meditation & Self-Healing

COMPLETE PRACTICE SESSION

This exercise combines meditation, visualisation, and self-healing into one flowing practice.

1. **Begin with Gassho meditation** (5 minutes): Focus on the fingertips, breathe deeply, quiet the mind.
2. **Visualise golden light** flowing from crown to heart to hands (1 minute).
3. **Set your intention** for the self-treatment. Ask the energy to guide you.
4. **Begin self-treatment** using the butterfly touch. Move through all 13 positions. At each position, visualise a lotus opening and golden light flowing.
5. **After the treatment**, return to Gassho. Give thanks. Sit in silence for 2–3 minutes.

Recommended duration: 35–50 minutes · Daily or 3–4 times per week

Chapter Reflection

How does the Gassho meditation change your state of mind? What does the butterfly touch teach you about healing — and about life? Which visualisation resonates most with you? How does meditation affect your sensitivity to energy? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

While waiting in line, bring your hands to Gassho and focus on your fingertips for 30 seconds. Before a meeting, visualise golden light flowing through you. Meditation and Reiki are ways of being in the world.

Why Meditate

Meditation quiets the mind, opens the heart, and makes you a clearer channel.

Three Qualities

The butterfly touch embodies three qualities: gentleness, presence, and trust.

Visualisation

Three visualisations: golden light, opening lotus, and flowing river.

The Paradox

Less is more — the less you try, the more powerfully Reiki flows.

Living Practice

Meditation and Reiki are ways of being in the world, not just formal practices.



CHAPTER TWELVE

12

Healing Session Record & Ethics

施術記録と倫理・Professional Practice



Healing Session Record & Ethics

Professional practice, client records, and the ethics of healing

"A healer's greatest tool is not their hands, but their integrity."

— A Reiki Teaching

Why Keep Records?

When you begin treating others — even informally with family and friends — keeping a record of each session is an essential professional practice. Records help you track progress, note patterns, and provide continuity of care. They also protect both you and the recipient by documenting what was done and when.

A well-kept session record demonstrates professionalism, builds trust with those you treat, and helps you grow as a practitioner by allowing you to reflect on your work over time.



The Client Intake Form

Before the first treatment with any new recipient, have them complete a brief intake form. This gathers essential information and sets a professional tone. The intake form should include:

Client Intake Form

Full Name:

Date:

Date of Birth:

Contact Number:

Email:

Emergency Contact:

Current health conditions:

Medications being taken:

Allergies:

Recent surgeries or injuries:

Reason for seeking Reiki:

Previous Reiki experience?

Expectations from the session:

Informed Consent

Before the treatment, the recipient should understand and agree to the following. Have them sign to confirm their consent:

Informed Consent for Reiki Treatment

I understand that Reiki is a gentle, hands-on energy healing technique that promotes relaxation and well-being. I understand that Reiki is a **complementary** therapy and is not a substitute for medical diagnosis, treatment, or advice. I understand that the Reiki practitioner does not diagnose, prescribe, or treat any medical condition. I understand that I should continue to consult my healthcare provider for any medical concerns. I consent to receive Reiki treatment and understand that I may stop the session at any time.

Client Signature:

Date:

Practitioner Signature:

The Healing Session Record

After each treatment, complete a session record. This documents the treatment and tracks the recipient's progress over time.

Healing Session Record

Client Name:

Session Date:

Session Number:

Session Duration:

Hand positions used:

Areas of focus:

Client's reported sensations:

Practitioner's observations:

Energy sensations noted:

Client feedback after session:

Recommendations given:

Next session scheduled:

Professional Ethics for Reiki Practitioners

As a Reiki practitioner, you hold a position of trust. Those who come to you for healing are often vulnerable. The following ethical principles protect both you and those you serve:

1. Do No Harm

This is the foundational principle. Never do anything that could cause physical, emotional, or spiritual harm. If you are unsure whether Reiki is appropriate for a condition, err on the side of caution and recommend medical consultation.

2. Never Diagnose or Prescribe

As a Reiki practitioner, you are not a medical doctor. Never diagnose a condition, never prescribe treatment, and never advise anyone to stop or change their medication. If asked, explain that Reiki supports the body's natural healing but is not a medical treatment.

3. Obtain Informed Consent

Always explain what Reiki is and what to expect before a treatment. Obtain the recipient's consent. They have the right to refuse or stop the treatment at any time.

4. Maintain Confidentiality

Everything shared during a Reiki session is confidential. Never disclose a client's personal information, health conditions, or session details to anyone without their explicit permission.

5. Practise Self-Care

A depleted practitioner cannot heal effectively. Maintain your own daily self-healing practice. Do not over-schedule sessions. Rest, meditate, and keep your own energy clear. Your well-being is the foundation of your ability to help others.

6. Know Your Limits

Recognise when a condition is beyond your scope. Mental health crises, serious illnesses, and emergencies require professional medical or psychological care. Refer appropriately and without ego. Reiki can support, but it does not replace professional care.

7. Keep Accurate Records

Maintain professional records of all sessions. This protects you, supports continuity of care, and demonstrates professionalism.

⚠ IMPORTANT — SCOPE OF PRACTICE

First Degree Reiki qualifies you to practise hands-on healing on yourself and informally on family, friends, and pets. It does not qualify you to practise professionally or charge for treatments. Professional practice typically requires Second Degree and additional training. Check the legal requirements in your country or region.

♦ INSIGHT — THE HEALER'S MINDSET

The most important ethical principle is also the simplest: *treat every person who comes to you with the same respect, compassion, and care you would want for yourself*. All other ethics flow from this. When you hold this intention, you will not go wrong.

Chapter Reflection

Which ethical principle resonates most with you? Have you ever experienced a situation where boundaries were unclear — how would you handle it now? How does keeping records change your relationship with your practice? What does professional integrity mean to you personally? Write your reflections in your journal.

Key Takeaways from This Chapter

Reiki in Real Life

Even when practising informally with family, keep a simple notebook of sessions. It helps you see patterns and grow as a practitioner, and it models professional behaviour.

Why Records

Keep records of every session to track progress and demonstrate professionalism.

Consent

Always obtain informed consent before treatment. Explain what Reiki is.

Scope of Practice

Never diagnose, prescribe, or advise stopping medical treatment.

Confidentiality

Maintain confidentiality of all client information.

Self-Care

Practise self-care — a depleted practitioner cannot heal effectively.



CHAPTER THIRTEEN

13

Living Reiki & Next Steps

日常生活のレイキと次の段階



Living Reiki & Next Steps

Integrating Reiki into daily life and the path ahead

"Reiki is not something you do. It is something you become. Eventually, there is no separation between you and the energy — you are Reiki."

— A Reiki Teaching

Reiki as a Way of Life

You have reached the end of the First Degree manual, but this is not an ending — it is a beginning. The techniques you have learned are the foundation, but Reiki's true power emerges when it becomes a way of life, not just a practice you do for 30 minutes a day. Living Reiki means embodying the principles, carrying the energy, and approaching every moment with the awareness that universal life force flows through you and through all things.

Living Reiki means: beginning each day with the Gokai. Treating yourself daily. Sending energy to your food, your water, your environment. Approaching difficulties with the question, "What would Reiki do here?" Being gentle — with yourself and others. Trusting the energy. Being present. Being kind.



Integrating Reiki Into Daily Life

Morning Practice

Wake and sit in Gassho. Say the five principles. Set your intention for the day. Treat yourself for 15–30 minutes if time allows, or simply hold your hands over your heart for a few minutes. Charge your morning water with Reiki.

Throughout the Day

Send Reiki to your food before meals. Pause and breathe when stressed. Use the butterfly touch on any area of discomfort. Send distant intention to loved ones. Practise the Gokai whenever challenged: "Just for today, I will not anger / worry."

Evening Practice

Treat yourself before bed, focusing on areas of tension. Give thanks for the day. Reflect on where you lived the principles and where you struggled — without judgment. Sleep with the awareness of Reiki flowing through you as you rest.

◆ INSIGHT — THE 21-DAY COMMITMENT

If you commit to daily self-healing for 21 days, you will establish a habit that transforms your life. Twenty-one days is the period Usui spent on Mount Kurama, the length of the post-attunement cleanse, and the time it takes to form a new neural pathway. Mark a calendar. Cross off each day. After 21 days, the practice will feel as natural as brushing your teeth.

The Path Ahead — The Reiki Degrees

Having completed First Degree (Shoden), you may wonder what comes next. Each degree opens you deeper into the energy and expands what you can do. Here is the path that lies ahead:

Degree	Name	What You Receive
First Degree	Shoden 初伝	Hands-on self-healing and healing others, foundational techniques, energy body knowledge — <i>(this manual)</i>
Second Degree	Okuden 奥伝	Three sacred symbols, mental/emotional healing, distant healing across time and space, deeper energy work
Third Degree A (3a)	Shinpiden I 神秘伝	Master symbols, personal mastery, advanced healing techniques, deep spiritual development
Third Degree B (3b)	Shinpiden II 神秘伝	Teacher training — how to give attunements, how to teach, passing the lineage forward

◆ WHEN TO MOVE TO THE NEXT DEGREE

There is no rush. The First Degree contains enough depth for a lifetime of practice. Many masters recommend practising First Degree for at least 21 days (some suggest months or a year) before moving to Second Degree. The energy needs time to integrate. When you feel ready — when your daily practice is established, when you sense the energy flowing easily, when you feel called to go deeper — that is the right time. Trust your own timing. Reiki is not a race; it is a journey.

A Note from Your Teacher

I hope this manual has been a faithful companion on the beginning of your Reiki journey. Remember that the true teacher is the energy itself, and the true classroom is your daily life. Everything you need is already within you — the attunement simply removes the obstacles so you can feel it. Practise with patience, trust with an open heart, and let Reiki transform you from the inside out. The energy is patient, kind, and infinitely wise. It will never fail you. May your hands always be healing hands, and may the light of Reiki guide you on your path. With love and gratitude — *Rishi Rohit Sharma*.

Chapter Reflection

How has this manual changed your understanding of healing? What daily practices will you commit to? What does "living Reiki" mean to you? How will you know when you are ready for the next degree? Write your reflections in your journal — and return to them often as your journey unfolds.

Key Takeaways from This Chapter

Reiki in Real Life

When people notice you are calmer, kinder, more present, more radiant, they will ask what changed. That is when you share Reiki — not by preaching, but by being. Your life becomes the teaching.

Living Reiki

Reiki is not something you do — it is something you become. Live it daily.

**The 21-Day
Commitment**

Commit to daily self-healing for 21 days to establish a life-changing habit.

The Path Ahead

Each degree opens deeper: Shoden, Okuden, Shinpiden I, Shinpiden II.

Your Own Timing

There is no rush. First Degree contains enough depth for a lifetime.

Being the Teaching

Your life becomes the teaching — people notice your calm, kindness, and radiance.



Frequently Asked Questions

Common questions about Reiki practice

Is Reiki a religion?

No. Reiki is not a religion and does not require any specific belief system. It is compatible with all faiths and spiritual paths — or no faith at all. Reiki is a healing practice that channels universal life force energy. You do not need to believe in Reiki for it to work — only to be open to receiving it.

Do I need to be attuned to use Reiki?

Yes, to channel Reiki formally, you need an attunement from a qualified Reiki Master. However, you can begin developing your sensitivity and intention right now through the exercises in this manual. The attunement simply opens the channel permanently — it does not give you something you don't already have within you.

Can Reiki cure illness?

Reiki is complementary, not curative. It supports the body's natural healing processes, reduces stress, and promotes deep relaxation. Many people experience relief from symptoms, but Reiki should never replace medical treatment. Always consult your doctor for any medical condition. Reiki works *alongside* medical care, never instead of it.



Can Reiki cause harm?

No. Reiki energy is intelligent and always flows for the highest good. It cannot cause harm. The energy goes where it is needed and stops when the healing is complete. A practitioner cannot "overdose" someone with Reiki, and Reiki cannot be used for negative purposes. The energy itself is pure and benevolent.

How often should I practise self-healing?

Daily, if possible. Even 15–20 minutes a day is beneficial. The key is consistency, not duration. A short daily practice is far more powerful than a long occasional one. During the 21-day cleanse after attunement, daily self-healing is especially important.

Will I feel the energy?

Most people feel something — warmth, tingling, pulsing, or a magnetic sensation in their hands. Some people feel nothing at first, and that is perfectly fine. Sensitivity develops over time. The energy is working whether you feel it or not. Do not judge your practice by how much you feel — judge it by the results in your life.

Can I give Reiki to my pets?

Absolutely. Animals are extremely receptive to Reiki. Let your pet guide the session — they will come to you when they want it and move away when they have had enough. Never force Reiki on an unwilling animal. Even a few minutes can be deeply beneficial.

What if I fall asleep during self-treatment?

This is completely normal and actually beneficial. It means your body has entered a state of deep relaxation. The Reiki continues to flow while you sleep. When you wake, simply close with Gassho and gratitude. Many practitioners do self-treatment in bed as a way to fall asleep.

Can I use Reiki on food and water?

Yes. Holding your hands over food and water for 30–60 seconds charges them with Reiki energy. This clears any stagnant energy and enhances their nourishment. It is also a beautiful practice of gratitude. Many practitioners charge their drinking water every morning.

How long does it take to feel the benefits?

Some people feel immediate effects — deep relaxation, warmth, peace. For others, the changes are gradual and cumulative over weeks of daily practice. The 21-day cleanse after attunement often brings noticeable shifts. Trust the process and be patient. Reiki works on its own timeline, not yours.

Can Reiki be used alongside medication?

Yes. Reiki is safe to use alongside any medication or medical treatment. It does not interfere with medication. In fact, Reiki can help reduce the side effects of medication and support the body during medical treatment. Never stop or change medication without consulting your doctor.

What is the difference between Reiki and other energy healing?

The key difference is the attunement process. Reiki is transmitted through a formal attunement that permanently opens the channel. Other energy healing systems may use different methods of activation. Reiki also has a specific lineage tracing back to Mikao Usui, and uses particular hand positions and techniques. But the universal life force energy itself is the same energy used by all healing traditions.



Self-Assessment Quiz

Test your understanding of First Degree Reiki

Complete this quiz to check your understanding of the key concepts in this manual. The answer key is at the end. There is no pass or fail — this is for your own learning. If you are unsure of an answer, return to the relevant chapter and review.

1. What does the word "Reiki" translate to?

- A) Hands of light
- B) Universal life force energy
- C) Healing through prayer
- D) Sacred touch

2. Who is the founder of the Reiki system?

- A) Dr. Chujiro Hayashi
- B) Hawayo Takata
- C) Mikao Usui
- D) Dr. Mikao Haya

3. On which mountain did Usui receive the Reiki energy?

- A) Mount Fuji
- B) Mount Kurama
- C) Mount Hiei
- D) Mount Koya



4. How many Reiki Principles (Gokai) are there?

- A) Three
- B) Five
- C) Seven
- D) Twelve

5. What is the Japanese word for the attunement process?

- A) Gassho
- B) Reiji-Ho
- C) Reiju
- D) Chiryō

6. How long does the post-attunement cleansing period typically last?

- A) 7 days
- B) 14 days
- C) 21 days
- D) 40 days

7. How many standard hand positions are there in self-healing?

- A) 7
- B) 10
- C) 13
- D) 21

8. What are the Three Pillars of Reiki?

- A) Gassho, Reiji-Ho, Chiryō
- B) Breath, Intention, Touch
- C) Mind, Body, Spirit
- D) Crown, Heart, Hands

9. What is the "butterfly touch"?

- A) A rapid tapping technique
- B) A gentle, light hand placement
- C) A specific hand position for the crown
- D) A visualisation technique

10. Which chakra is the bridge between the physical and spiritual?

- A) Crown chakra
- B) Third eye chakra
- C) Heart chakra
- D) Root chakra

11. The Antahkarana symbol requires which of the following to use?

- A) A Reiki attunement
- B) Years of meditation
- C) Nothing — no attunement needed
- D) A specific mantra

12. What is the Tanden?

- A) The crown energy centre
- B) The body's centre of power, below the navel
- C) A type of breathing technique
- D) A hand position for the heart

13. How is Reiki best described in relation to medical treatment?

- A) An alternative to medicine
- B) A replacement for doctors
- C) Complementary to medical care
- D) A type of diagnosis

14. Who brought Reiki from Japan to the West?

- A) Mikao Usui
- B) Dr. Chujiro Hayashi
- C) Hawayo Takata
- D) Unknown

15. What is the key phrase used in the Gokai?

- A) "Forever and always"
- B) "Just for today"
- C) "With every breath"
- D) "From this moment on"

Answer Key

1. B — Universal life force energy
2. C — Mikao Usui
3. B — Mount Kurama
4. B — Five
5. C — Reiju
6. C — 21 days
7. C — 13
8. A — Gassho, Reiji-Ho, Chiryō
9. B — A gentle, light hand placement
10. C — Heart chakra
11. C — Nothing, no attunement needed
12. B — The body's centre of power, below the navel
13. C — Complementary to medical care
14. C — Hawayo Takata
15. B — "Just for today"

◆ HOW DID YOU DO?

If you answered 13–15 correctly, you have a strong grasp of First Degree Reiki. If 10–12, review the chapters you found challenging. If fewer than 10, take time to re-read and practise — understanding comes through experience, not just study. Remember, the real test is not on paper but in your daily practice.



Glossary of Japanese Terms

Key vocabulary for your Reiki journey

Term	Japanese	Meaning
Reiki	霊気	Universal life force energy
Rei	霊	Universal, spiritual, sacred
Ki	気	Life force energy (Prana in Sanskrit)
Shoden	初伝	First Degree — "beginner's teaching"
Okuden	奥伝	Second Degree — "inner teaching"
Shinpiden	神秘伝	Third Degree — "mystery teaching"
Gokai	五戒	The Five Reiki Principles
Gassho	合掌	Two hands coming together (prayer position)
Reiji-Ho	霊示法	Method of spiritual guidance — inviting Reiki to flow



Chiryō	治療	Treatment — the hands-on healing
Reiju	授予	Attunement — "giving of energy"
Byosen	病線	Scanning — feeling energy imbalances in the body
Tanden	丹田	Energy centre below the navel — source of vitality
Joshin Kokyuu-Ho	除心呼吸法	Breathing technique to cleanse the spirit
Ken'yaku	洗淨	Cleansing the hands after a treatment
Shou Chu	集中	Concentration, focus
Hatsurei-Ho	発霊法	Method for generating Reiki energy
Chakra	チャクラ	Energy centre (from Sanskrit, "wheel")
Aura	オーラ	Energy field surrounding the body
Antahkarana	—	Ancient Tibetan healing symbol (Sanskrit: "inner bridge")
Seva	—	Selfless service (from Sanskrit)

Lineage	系譜	The unbroken chain of teachers from Usui to present
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Quick-Reference Appendix

Everything you need at a glance

The Five Reiki Principles (Gokai)

Just for today, I will not anger.

Just for today, I will not worry.

Just for today, I will be grateful.

Just for today, I will do my work honestly.

Just for today, I will be kind to all living things.

The Three Pillars

Pillar	Japanese	Action
1. Gassho	合掌	Palms together at heart — centre, connect, open
2. Reiji-Ho	霊示法	Invite the energy, ask for guidance, trust
3. Chiryō	治療	Hands-on treatment with presence and trust



The 13 Hand Positions (Self-Healing)

Position	Area	Chakra / System
1	Eyes & crown	Crown, third eye
2	Temples	Brain, mental balance
3	Back of head	Stress relief, sleep
4	Throat	Throat chakra, thyroid
5	Heart / chest	Heart chakra, thymus
6	Solar plexus	Solar plexus, pancreas
7	Sacral / lower abdomen	Sacral chakra, reproductive
8	Root / base of spine	Root chakra, adrenals
9	Shoulders	Tension release
10	Knees	Joints, grounding
11	Feet	Grounding, reflexology
12	Upper back	Heart/lung support

13

Lower back

Kidneys, lower spine

The Seven Major Chakras

Chakra	Colour	Location
Crown (Sahasrara)	Violet	Top of head
Third Eye (Ajna)	Indigo	Forehead centre
Throat (Vishuddha)	Blue	Throat
Heart (Anahata)	Green/Pink	Chest centre
Solar Plexus (Manipura)	Yellow	Upper abdomen
Sacral (Svadhithana)	Orange	Lower abdomen
Root (Muladhara)	Red	Base of spine

Joshin Kokyuu-Ho — The Cleansing Breath

Usui taught a breathing technique called **Joshin Kokyuu-Ho** to be used during self-treatment and when treating others. **Inhale** through the nose — visualise energy entering through the crown, flowing down to the Tanden (the energy centre just below the navel). **Exhale** through the mouth — visualise energy radiating out through your hands. This breath keeps the energy flowing and keeps you centred as a channel. Practise this breath during every self-treatment and healing session.

Daily Practice Checklist

Practice	Time	Duration
Morning Gokai (recite principles)	Morning	2 minutes
Gassho meditation	Morning	5–10 minutes
Self-healing treatment	Morning or evening	30–45 minutes
Charge water with Reiki	Morning	30–60 seconds
Bless food with Reiki	Before meals	30 seconds
Evening reflection & gratitude	Evening	5 minutes



Completion Certificate

A printable record of your First Degree journey

Print this page, fill in your name and date, and keep it as a personal record of your commitment to the Reiki path. This certificate is for personal use and does not constitute formal certification — formal certification requires attunement from a qualified Reiki Master.



Certificate of Completion

Reiki First Degree

Shoden · 初伝

This certifies that

has studied the First Degree (Shoden) of Usui Reiki, including the history and lineage, the Five Principles (Gokai), the energy body, the attunement process, self-healing with all hand positions, the Three Pillars, the Antahkarana, healing others, meditation, and professional ethics — and has committed to the daily practice of Reiki as a way of life.

Date



Student Signature

Authored by Rishi Rohit Sharma · Reiki Grandmaster

Offered as seva (selfless service) · Copyright © 2027



About the Author

Rishi Rohit Sharma — Reiki Grandmaster



Rishi Rohit Sharma

Rishi Rohit Sharma is a Reiki Grandmaster, Vedic astrologer, and spiritual teacher based in Melbourne, Australia. He is the founder of VAYOM, a platform dedicated to making ancient healing wisdom accessible to seekers around the world. Rishi Rohit is, at his core, a lifelong learner and researcher — someone who has spent decades exploring the hidden dimensions of life, the subtle energies, and the ancient wisdom traditions that reveal the deeper patterns of existence. His journey into energy healing was not born of hardship, but of a deep and natural curiosity about the unseen forces that shape our world.

Through years of dedicated research and study, Rishi Rohit has explored and mastered multiple healing modalities — Reiki, Vedic astrology, meditation, yoga, and metaphysics among them. He has always believed that God guides him at every step, opening doors and illuminating the path ahead. His approach is not that of someone who suffered and then found healing, but of a seeker who has been blessed with divine guidance and a natural gift for understanding and sharing spiritual knowledge. He has helped countless people in various ways — through healing, through teaching, through astrological guidance, and through the simple act of giving freely what was freely received.

Rishi Rohit's approach to Reiki is both traditional and living — he honours the lineage of Mikao Usui while recognising that Reiki is a living river, fed by countless streams. He teaches that the energy itself is the true teacher, and the role of the master is simply to remove the obstacles so the student can feel what has always been within them. His teaching is characterised by warmth, humility, and a deep respect for each student's unique journey. Above all, he credits the divine for every insight, every healing, and every life transformed through this work.



◆ MILESTONE — THE FIRST ENCOUNTER

Rishi Rohit's journey into energy healing was not born of hardship or difficulty, but of a deep and natural curiosity. As a lifelong learner and researcher, he has always been drawn to exploring the hidden dimensions of life — the energies, forces, and subtle patterns that shape our existence. His exploration of energy healing was a natural extension of this spirit of inquiry, and what he discovered was so profound that he devoted himself to understanding, mastering, and sharing these healing arts with the world.

◆ MILESTONE — THE LINEAGE

Over years of study with masters across India and abroad, Rishi Rohit received attunements through the Usui lineage and progressed through all degrees of Reiki, eventually reaching the level of Grandmaster. He honours both the named masters in his lineage and the unnamed ones — the hidden healers who carried the light forward in silence.

◆ MILESTONE — THE FOUNDING OF VAYOM

VAYOM was born from a simple vision: that healing wisdom should be freely available to all who seek it. The word VAYOM reflects the vastness of the sky and the limitless nature of universal energy. Through VAYOM, Rishi Rohit offers teachings, attunements, and resources — many of them free — as seva, selfless service to the global community.

◆ MILESTONE — REACHING THE WORLD

From his base in Melbourne, Rishi Rohit has taught students across Australia, India, and around the world. His students come from all walks of life — doctors, teachers, artists, parents, and seekers of all kinds. He believes that Reiki belongs to everyone and that the healing hands we seek are our own.

◆ MILESTONE — THIS MANUAL

This manual is offered as *seva* — a free gift to the global Reiki community. Rishi Rohit's hope is that it will serve as a faithful companion for those beginning their Reiki journey, wherever they are in the world. If it has helped you, he asks only that you pay it forward — share Reiki with someone who needs it, and let the river of healing continue to flow.

A Word About Your Teacher — And a Request

Dear reader, this manual has been offered to you completely free of charge, as *seva* — selfless service to humanity. My name is Rishi Rohit Sharma, and I have dedicated my life to making healing wisdom accessible to everyone, regardless of their financial circumstances. I do not charge for attunements. I do not charge for astrological guidance. I do not charge for the hundreds of Reiki systems, manuals, and resources I have created and shared freely with the world. This is my **strict zero-fee policy**, and it is not a marketing strategy — it is my *dharma*, my sacred duty.

I ask nothing in return for this manual. But if it has helped you, if it has touched your heart, if it has begun a transformation in your life, I ask for one thing only: **respect and gratitude**. Respect the lineage that carried this energy to you. Respect the teachers who devoted their lives so that you could hold this knowledge. Respect the energy itself, which is sacred and alive. And gratitude — not just to me, but to the universal life force that flows through all things and makes all healing possible.

"Whosoever reads this manual and benefits from it, I ask only this: carry the light forward. Heal yourself. Heal others. Share freely. And when you think of the teacher who gave you this, let your heart fill with respect and gratitude — for that is the only fee I will ever accept."

— Rishi Rohit Sharma

Free Resources from Your Teacher

I have created and shared a vast library of free healing resources with the world. If this manual has been helpful, you are invited to explore more:

◆ 1000+ FREE REIKI ENERGY HEALING SYSTEMS

I am giving the world over **1,000 free Reiki energy healing systems** — an unprecedented gift to the global healing community. These include advanced systems like the Orb of Om, Holy Ganga, Angel Wings, and hundreds more. Access them all for free at:

Google Drive: https://drive.google.com/drive/folders/1L6aLsU1a3m9MjqQYKlfd_f74pOmh15O6

◆ FREE BOOKS ON SCRIBD

I have published numerous free healing manuals and guidebooks on Scribd, available for anyone to read and download. These include:

Infinity Reiki — A powerful system channelled through meditation with Dr. Mikao Usui

Kundalini Fire Reiki — Combining Kundalini energy, cosmic fire, and Reiki

Healing the Void — Self Attunement — A self-attunement system for spiritual healing

Empaths Cosmic Shield — Advanced Reiki protection for empaths and healers

Explore these and more by searching "Rishi Rohit Sharma" on Scribd.

◆ JOIN THE COMMUNITY

Connect with me and a global community of seekers, healers, and students on Facebook. I share daily wisdom, free attunements, astrological insights, and spiritual guidance — all completely free, always.

Facebook: <https://www.facebook.com/vayomss>

VAYOM Website: <https://vayom.com.au>

◆ ABOUT VAYOM

VAYOM stands for **V**astu **A**strology **Y**oga **O**ccult & **M**editation. It is a platform dedicated to providing free astrological and spiritual education to the masses. Founded on the principle that divine knowledge should never be commercialised, VAYOM offers teachings, attunements, and resources — all free of charge. My mission is simple: to make profound spiritual empowerment accessible, affordable, and authentic for everyone, everywhere.

Why I Give Everything Free

People often ask me why I do not charge for my services, when other Reiki masters and astrologers charge significant fees. The answer is simple: the universe gave me this knowledge freely, and I will give it freely in return. Healing is not a commodity. Spiritual wisdom is not a product. When we commercialise the sacred, we diminish it. When we give it freely, we amplify it.

I have spent over 20 years studying, practising, and mastering these arts. I hold a dual Master's degree in engineering and a Doctorate in Metaphysics. I have pioneered several original Reiki systems, including the Orb of Om, Holy Ganga, and Angel Wings. I have introduced the Nishaniyan framework in Lal Kitab astrology. And all of this — every page, every attunement, every system — I give to you freely, because that is how the universe gave it to me.

"The knowledge I share was never mine to sell. It came through me, not from me. My only duty is to pass it on — freely, purely, and with love. If even one person is healed by what I give, my life has served its purpose."

— Rishi Rohit Sharma

So when you hold this manual in your hands, remember: someone devoted decades of their life to gathering this wisdom, organising it, and giving it to you without asking for payment. The least you can offer in return is **respect, gratitude, and the commitment to use this knowledge for the highest good**. Heal yourself. Heal others. Share freely. And when someone asks where you learned Reiki, tell them: from a teacher who believed knowledge should be free — and who proved it by giving away a thousand systems.

A Personal Note from Rishi Rohit

Dear seeker, if you are reading this, you have already taken the first step. The fact that you are drawn to Reiki means the energy is already working in your life. I hope this manual has been a light on your path. Remember: you do not need to be perfect to begin. You do not need to have all the answers.

You simply need to show up, place your hands, and trust. The energy will do the rest. I have seen Reiki transform lives — including my own — and I know it can transform yours. Be patient with yourself. Be gentle. Be consistent. And let Reiki unfold in your life in its own perfect way. With love, gratitude, and infinite blessings on your journey — *Rishi Rohit Sharma, Melbourne, serving the world.*

In Gratitude

I offer my deepest gratitude to my teachers, both named and unnamed, who carried the light of Reiki forward so that it could reach me — and through me, you. I am grateful to Mikao Usui, Dr. Chujiro Hayashi, Hawayo Takata, and all the hidden masters whose devotion kept the river flowing. I am grateful to every student who has trusted me to guide them, for in teaching, I have learned more than I could ever teach. And I am grateful to you, dear reader, for choosing to walk this path. May the light of Reiki guide you always.



The Gokai — A Final Reminder

As you close this manual and step forward on your path, carry the Five Principles with you. They are not rules to follow blindly, but a way of being — a daily practice that gently transforms the mind, the heart, and the energy body. Read them slowly. Let them settle into your being.

Just for today:

Do not anger · Do not worry

Be filled with gratitude

Devote yourself to your work

Be kind to people

"May your hands always be healing hands. May your heart always be open. May the universal life force flow through you, now and always. Namaste."

— Rishi Rohit Sharma

◆ A FINAL THOUGHT

Reiki is not something you learn once and finish. It is a lifelong companion — a river that deepens with every passing year. The hand positions in this manual will become second nature. The principles will become your default state. The energy will become so much a part of you that you will forget there was ever a time before Reiki. This is the gift of Shoden — the First Degree. It is not the end of learning, but the beginning of a beautiful, lifelong practice. Walk gently. Practise daily. Trust the energy. And remember always: the power to heal was never given to you by a teacher or an attunement. It was simply awakened. It was always yours.

❁ YOUR JOURNEY CONTINUES

This manual covers the First Degree (Shoden), but your Reiki journey does not end here. When you feel ready, the Second Degree (Okuden) will introduce you to sacred symbols, distant healing, and mental-emotional healing techniques. The Third Degree (Shinpiden) will deepen your connection to the energy and prepare you to teach others, if that is your calling. But there is no rush. The First Degree contains enough wisdom for a lifetime of practice. Master it fully before moving on. The energy will tell you when you are ready — you will feel it in your hands, in your heart, and in your life.

Stay Connected

You are now part of a global community of Reiki practitioners. If you wish to continue learning, explore additional Reiki energy systems, or connect with fellow seekers, you are warmly invited to visit the resources shared in the "Make Me a Legend" section of this manual. Over a thousand free Reiki energy healing systems are available — a gift to the world, offered in the same spirit of seva as this manual.

May your path be blessed. May your hands be guided. May the universal life force flow through you always.

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A Blessing for Your Hands

As you close this book, place your palms together in Gassho. Take one deep breath. Feel the warmth between your hands — that warmth is the Reiki, already flowing, already alive within you. It has been there all along. This manual has simply reminded you of what you already know.

Go now, and practise. Not because you must, but because the energy calls you. Not because a book told you to, but because your hands already know the way. The world needs more healing hands. The world needs *your* hands.

A Closing Meditation

Before you set this manual down, try this simple closing practice. Sit quietly for two minutes with your palms together at your heart. Breathe in through the nose and out through the mouth. With each in-breath, silently say: *"I receive."* With each out-breath, silently say: *"I give."* Feel the circle of energy — receiving and giving, giving and receiving — flowing through your hands, your heart, and your life. This is Reiki. This is the practice. This is the path.

When you are ready, open your eyes. Bow your head slightly. Whisper *"thank you"* — to the energy, to the lineage, to yourself for beginning this journey. Then go about your day with hands that heal and a heart that knows.

*"The secret of happiness lies in the discovery that the more we give,
the more we receive. In healing others, we heal ourselves.
In blessing others, we are blessed. This is the way of Reiki."*

— Rishi Rohit Sharma

The Lineage Flows Through You

From Mikao Usui on Mount Kurama, to Dr. Chujiro Hayashi in his clinic, to Hawayo Takata on the islands of Hawaii, to the hidden masters whose names were never recorded, to your own teacher, and now — to you. The river of Reiki has found its way to your hands. You are now a part of this lineage. Not merely a student who read a manual, but a living link in an unbroken chain of healing that stretches back over a century and beyond.

When you place your hands on yourself or another, that entire lineage flows through you. Every teacher who ever practised, every master who ever taught, every student who ever received — their intention, their devotion, their love — all of it is present in the energy that moves through your palms. You are never alone in your practice. You are supported by the entire river.

And one day, when you are ready, you will pass this on. You will place your hands on someone who is searching, and the river will flow through you to them. This is how the lineage continues. This is how the light is carried forward. Not through books, not through certificates, but through the simple, sacred act of one pair of healing hands touching another.

You are the river now.

Let it flow.

This manual is offered as seva (selfless service) to the global Reiki community. Copyright © 2027 by Rishi Rohit Sharma.

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